

SKINCARE *DECODED*

Essentials

60

minutes to a

NEW YOU!



**EASY
STYLE**

Find your fashion
fix from only £6.99

**TIME TO
CHILL OUT!**

Why laid-back
mums mean
happier kids

MORE energy TODAY!

FITTER in just 7 mins

HEALTHY not skinny rules!

QUIT bad habits NOW

Claire Richards

*'It's a daily struggle,
but I've finally changed
the way I eat'*

**MR GREY
AT HOME**

Get your man
to indulge you...
50 Shades style

Simple



ALLERGY FREE
Meals for the
whole family

CHOCS AWAY!
Delicious bakes

FAST FOOD
Tasty recipes
from the freezer

NEW

THE MIRACLE COLLECTION

Transform your look with the Miracle Collection. Facefinity All Day Primer to hold, new Miracle Match Foundation to blur imperfections and nourish* skin, and Creme Puff Blush for a natural flush of colour.

The Miracle Collection for the perfect nude look.

#MAKEGLAMOURHAPPEN

Recreate Candice's transformation: **Facefinity All Day Primer**, **Miracle Match Foundation**, **Creme Puff Blush** in Alluring Rose

*Nourishes with hydration



MAX FACTOR X



THE MAKE-UP OF MAKE-UP ARTISTS



TOYOTA

ALWAYS A
BETTER WAY

Fall in love with
driving again.

And become
more attractive.

Well, one out of
two isn't bad.



New Auris Hybrid

To discover the truth search 'Auris Hybrid'

TOYOTA
HYBRID

5 year
TOYOTA
WARRANTY

New Auris Hybrid Range Official Fuel Consumption Figures in mpg (l/100km): Urban 72.4 (3.9) - 83.1 (3.4), Extra Urban 72.4 (3.9) - 83.1 (3.4), Combined 72.4 (3.9) - 80.7 (3.5). CO₂ Emissions 92g/km - 79g/km. The mpg and CO₂ figures quoted are sourced from official EU regulated test results. These are provided for comparability purposes and may not reflect your actual driving experience. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.

ED'S Letter

OCTOBER 2015

25%
MORE HEALTH
TRICKS & TIPS
THIS MONTH



**I ALWAYS LIKE
A QUICK FIX!**

And the idea of
getting fit in just
seven minutes

a day is very appealing, so the
Essentials features team set
out to discover if it was fact or
fiction. Find out on page 82.

This issue's extra content is all
about self-improvement the easy
way, without doing anything too
extreme – and what better cover
star to illustrate this than TV star
Claire Richards? Just look at her
new image – she's an inspiration.

Catherine

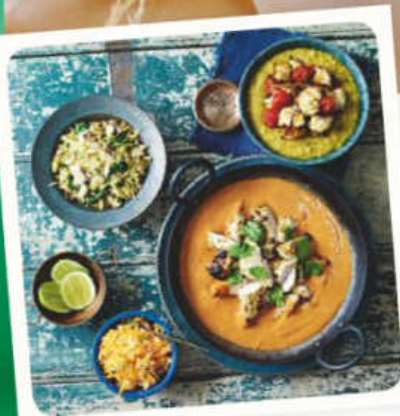
GROUP EDITOR
ESSENTIALS & GOODTOKNOW.CO.UK



LAID-BACK LUXE
Our round-up of
autumn's softest
shades and textures

THESE GIRLS CAN!

Why playing sport
has changed these
women's lives



CURRY IN A HURRY

Forget the local takeaway, our
whole meal costs less than £20

**HOT
RIGHT
NOW**

**CLAIRE
RICHARDS**

Our cover star
reveals she has
finally beaten
her food demons
– from page 10



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Essentials

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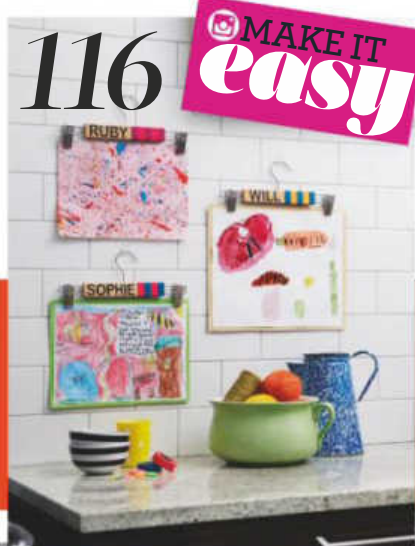
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MAKE IT
easy



NUTRISSE *Crème*



Nourished hair means better *Blondes... and Brunettes*

Holly & Davina have some exciting news. Nutrisse has a new, richer formula with 50% more conditioner, with avocado, oil and shea butter. Over 50 gorgeous shades to choose from. Luminous, multi-tonal blondes. Rich, deep, shiny brunettes. Up to 100% grey coverage.

Now with 50% more conditioner.



Colour questions? Let's chat @nutrisse.co.uk

GARNIER

‘Everything is FALLING into PLACE’

With her debut solo album on the way and more self-confidence than ever, Claire Richards is looking forward to the next chapter

INTERVIEW CARRIE MITCHELL | PHOTOGRAPHY DAVID VENNI

She rose to fame in the '90s as one fifth of sparkling pop act Steps, but since leaving the group in 2001, Claire's been on quite a rollercoaster. She's been married, divorced, then married again – to first love Reece Hill – and given birth to two children, Charlie, eight and Daisy, five. And she's continually battled with her weight, ballooning from a size 8 to a size 20, before shrinking dramatically in the run up to her wedding... only to pile on the pounds again afterwards.

Not that it has slowed her down. She held her own alongside her skinny bandmates on the Steps reunion tour in 2012, joined the *Celebrity Big Brother* line-up in 2013, then made it to the final of ITV's *Get Your Act Together* with a fire-eating routine. Now, at 38, she's been back in the studio working on her debut album and slimmed down to a size 10. In fact, she's hotter and happier than ever. We want to know her secret...

It's a daily struggle, but I've finally changed the way I eat and think about food. I used to pile up my plate, whereas now I'll have smaller portions and go for the healthy options. I don't cut things out

altogether because I think depriving myself of the things I want is what's made me always revert back to eating the wrong way. We still have a pasta night at home every week and my son loves pizza, so we could never go a week without taking advantage of a '2 for 1' offer!

I don't love working out – I'd rather spend time with my kids. When I've trained five times a week with a personal trainer in the past, it's been because someone else has been paying for it, not because I've wanted to do it. It means that when it stops, the weight goes back on, so I knew I needed a more consistent approach and I think I've found it now. I just don't sit down any more. I walk everywhere and since we've moved to a house with a bigger kitchen, I find I spend more time standing by the breakfast bar talking to the kids instead of going straight to the sofa and turning on the TV.

I feel more comfortable in my own skin now, but that started before I lost the weight. I did the Steps tour as a size 16 and that was a huge learning curve. I'm not as skinny as the others, but I can do my job and give it as hard as anyone else, no matter what size I am. I was worried, but I don't remember getting any stick for my size. It felt like there was an acceptance and I needed that. The only reason I decided to try and lose weight afterwards was really because we wanted a baby and it just wasn't happening.

I'm not sure if we will get pregnant naturally, but IVF doesn't feel like the right thing for us at the moment. I've always had crazy hormones and when you think what I've put my body through in the last 13 years of losing and gaining four to six stone at a time, it's just taken its toll. If it happens, it happens and if it

‘I feel more comfortable in my own skin than ever now, but that really started before I lost the weight’





*'I can do my
job and give
it as hard as
anyone else,
no matter
what size I am'*

doesn't, I've got a boy and a girl. I always wanted a little gang of kids, so another would have been the cherry on the cake, but I know I'm blessed with what I've got.

I'm a big believer in things happening for a reason. Over the last few years certain things have happened in my life, like when my aunt was ill with cancer. It was not long after Steps and if things had gone how I'd planned, I would have been off carving out my solo career and I would have missed out on the time I spent with her before she died. I feel the same way about my relationship. Reece and I might have been together before, but it wasn't the right time for us then – if we'd tried to stay together, it wouldn't have worked out and we might not be married now.

Reece and I are as tight as ever. We still try to go out just the two of us when we can. It was a real treat when we had a few days away together in Ireland recently. It was for my friend Brian Dowling's wedding – and I've got Rylan Clark's wedding coming up soon, too. He's like my little brother, he even gets me big sister birthday cards every year. I'm one of his bridesmaids and I couldn't believe it when he announced it on *This Morning*, saying, 'She better not put on any more weight'!

The idea of being away from the kids for longer than a few days is a bit scary. I'd love to do a solo tour one day, but it would have to be in the school holidays so they could come with me. They both came to see Steps on tour although Daisy was only two, so all she remembers is having to wear ear defenders. When she came to see me sing at a concert for Pete Waterman this summer, the first thing she said was, 'Mummy, I've got to take my headphones!'; and Charlie apparently had a nap and said to Reece, 'Can you wake me up when Mummy comes back on please?' Bless him!

Going out on stage by myself was terrifying. With Steps, everything's carefully managed, so it's all perfect and there's a few of you up there, too, but being on stage alone just standing behind a mic is a totally different experience. In the end though, I loved it. It made me even more sure that's what I want. No dance routines or jumping around, just standing singing and having an audience sit and watch me.



I'd rather sing songs I can relate to than sing about parties I'm never going to!

I've always been worried about my solo stuff not living up to people's expectations.

A few times over the years I've started recording, then chickened out. It was doing *Get Your Act Together* that gave me a boost of confidence. Then I did a show called *Seasons of Love* in the West End, and I just thought, 'What am I so scared of? I love singing, this is what I should be doing'.

People might be expecting something poppy, but I wanted to do something a bit more country.

I want to sing songs that I connect with, so when I deliver them, it makes me feel something. I'm 38 now, and I'd rather sing songs with lyrics I can relate to than sing about parties I'm never going to go to! Now I'm just figuring out whether I want to look for a record deal or put the songs out myself.

It's 20 years since I first started singing professionally.

That's 20 years of wanting to do a solo album, but telling myself that being in a group was the best way to go. Now I feel a bit more confident about myself and my voice; it just feels like the right time to get out there on my own. It's all coming together nicely and it feels like this time round, it's going to happen. Everything is finally falling into place.

She's famed for her yo-yo dieting, but Claire proves you can look as gorgeous as a curvy size 16 as a svelte size 10. The mum-of-two has slimmed down in an effort to add to her beautiful brood, pictured below on a fun family day out at Legoland.



THE REAL ME

CLAIRE CONFESSES...

*** I'M OBSESSED WITH NASHVILLE.** It's a TV series about country music and I love it. I'm on series three and I don't want it to end.

*** I FIND IT DIFFICULT TO MAKE DECISIONS FOR MYSELF.** I can do it for somebody else, but being in charge of myself is hard for me.

*** I'VE DEVELOPED A PHOBIA OF GYMS.** I think it's because of the amount of times I've had to be in them when I didn't want to be.

*** I'M DEFINITELY NOT THE YUMMY MUMMY TYPE.** When I take the kids to school, I just throw on sunglasses, so I don't have to put make-up on.

*** I WORRY ABOUT PRESSURE ON GIRLS TO BE THIN.** I've already heard someone say to Daisy, who is only five, 'Oh, you're getting a bit chub'. I was like, 'Don't you ever say that to her again.'

Discover more of Claire's secrets as she plays Truth or Dare in our exclusive behind the scenes video at goodtoknow.co.uk/clairerichards

TAKE YOUR HAIR TO PARADISE



FAST Fashion

 [goodtoknow_essentials](#)



*Star
style*

HANDS FREE

We can't get enough of Nica's new season accessories. Our pick is this panelled backpack - it's almost big enough for everything, including the kitchen sink! Bag, £59, Nica



COOL AND CASUAL

Fashion icon Alexa Chung is on trend (again!) wearing this season's denim jumpsuit. Take note and roll up your sleeves for a relaxed look and team with natural make-up. Look out for a similar one on the high street in Topshop.



WARDROBE WONDER

A pussy-bow blouse may be a style classic, but it's also an instant game changer - anything you pair it with looks that little bit more glamorous.

Blouse, £16, stole, £35, culottes, £18, all F+F at Tesco

We love...

Statement accessories! Make these tassel earrings the top of your winter wish list. Try teaming them with red lipstick to keep your look fun and on-trend. They make the perfect finishing touch Earrings, £10, River Island



* See more FASHION



Fancy extra wardrobe inspiration? Go to [pinterest.com/GTK_essentials](#)

COUNTRY *living*

Relax into the soft shapes of the new season with warm shades of caramel, mixed with black, rust and berry

FASHION DIRECTOR CAROLINE BAXTER

Go retro

Who said knitwear is always chunky? Give your look a nod to the '70s with feminine frills topped off with a floppy felt hat

Jumper, £55, 6-16, Oasis

Hat, £32,Accessorize





Print pop

Opt for coloured leopard print to make an effortless style statement

Coat, **£159**, 6-22, Per Una
Speziale at Marks & Spencer
Top, **£22**, 6-22, Next
Skirt, **£85**, 8-18, Wallis
Boots, **£170**, Jones Bootmaker
Tights, **£30**, Falke



The new nudes

Invest in a neck-tie blouse, a neutral shade is ideal for work or weekends

LEFT Blouse, **£28**, 8-18, Wallis Skirt, **£59**, 8-18, Phase Eight Cape, **£30**, one size, Wallis Tights, **£30**, Falke

Sharp & chic

The new power suit is a belter – cropped ankle and nipped-in waist makes it totally wearable

BELOW LEFT Jacket, **£38**, 6-22, Dorothy Perkins Trousers, **£25**, 6-22, Dorothy Perkins Jumper, **£55**, 6-16, Oasis Boots, **£99**, Dune

Rich pickings

Swap black for shades of plum and berry to instantly update your wardrobe this season

BELOW Blouse, **£60**, xs-xl, Great Plains Cape, **£38**, 6-16, Oasis Trousers, **£45**, 6-22, Next Boots, **£129**, Dune



Easy dressing

Layer like a pro, keep it tonal and drape faux fur over tailoring for a smart, but warm style

RIGHT Faux-fur gilet, **£32**, 8-30, JD Williams

Jacket, **£79.99**, xs-l, Mango

Top, **£28**, 8-22, Red Herring at Debenhams

Trousers, **£30**, 8-22, Star by Julien MacDonald at Debenhams

The new coat

Add interest to any outfit with a simple, yet luxe-looking, cape

BELOW Cape, **£59**, 8-24, very.co.uk

Hat, **£45**, French Connection

Jumper, **£45**, 8-20, Indigo at Marks & Spencer

Trousers, **£70**, 8-16, Great Plains

That's a wrap

Go for a blanket coat, it's so versatile – perfect for our changeable weather

BELOW RIGHT Coat, **£69**, 6-18,

Limited at Marks & Spencer

Jumper, **£49.50**, 8-22, Autograph

at Marks & Spencer

Trousers, **£49**, 8-22, Betty Jackson.

Black at Debenhams

Boots, **£50**, very.co.uk



Words: Rachel Bassett | Fashion assistant: Cigdem Tanirloglu | Hair: Enzo Angiler | Make-up: Luke Anthony | Styling: Bobbi Brown | Model: Anouk at Modelworks

Sheer perfection

Get more wear out of your favourite summer dress by pairing it with tights and suede knee-high boots

Dress, **£49.50**, 8-18,
Limited at Marks & Spencer
Boots, **£170**, Jones Bootmaker
Tights, **£30**, Falke



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RUNWAY EDIT
Teal vs Rust

Rich shades of orange or cool blue hues, which of this season's must-have colours will you choose this month?

Teal Items:

- Dress, **£50**, 8-16, Closet
- Jumper, **£35**, 8-20, Star by Julien Macdonald at Debenhams
- Bag, **£15**, Accessorize
- Boots, **£245**, Black at Dune
- Skirt, **£65**, 4-16, Miss Selfridge
- Trousers, **£35**, 6-24, M&S Collection at Marks & Spencer
- Trousers, **£55**, 6-14, Benetton
- Coat, **£75**, 6-18, River Island
- Dress, **£119**, 8-20, Monsoon
- Hat, **£20**, BHS

Rust Items:

- Bag, **£129**, Radley
- Jumper, **£25**, 8-20, very.co.uk
- Coat, **£69**, 6-20, Red Herring at Debenhams
- Skirt, **£59.99**, xs-l, Mango
- Bag, **£99**, Dickens & Jones at House of Fraser
- Dress, **£26**, 6-22, Dorothy Perkins
- Boots, **£129**, Dune
- Shirt, **£19.99**, 6-16, New Look
- Fur keyring, **£25**, Helen Moore at House of Fraser

Models:

- Model wearing teal dress and boots: **ELIE SAAB**
- Model wearing rust coat and skirt: **DIOR**

Feature Cigdem Tamirgolu Photography Getty Images

YOUR FASHION FORMULA

Check out the *Essentials* style team's solutions for an instant wardrobe update

The equation SLEEVELESS TUNIC + WIDE LEG TROUSERS

Forget those baggy clothes and create a slimmer silhouette in a figure-skimming tunic and trousers, plus geometric jewellery

Wear it with...



Top, **£48**,
6-16, Oasis

Trousers, **£35**,
8-22, Marks
& Spencer



Top,
£38, 6-16,
Topshop

Trousers, **£20**,
6-22, Next



Clutch, **£26**, Warehouse



Necklace, **£12.99**, H&M



Bracelet, **£7.50**, Topshop



Shoes, **£35**,
Asos

Tunic, **£49.99**, s-l, Zara.
Trousers, **£38**, 6-18,
Next. Necklace, **£12**,
Allusions at BHS.
Bracelet, **£29**, Mint
Velvet. Shoes, **£30**, Next



*Make sure your skirt is
no longer than the
hemline of your coat*

The equation

DUSTER COAT + MIDI SKIRT

This floaty, lightweight coat is the perfect modern alternative to a suit jacket. Team with a longer-length skirt and heels to elongate your legs



Coat, **£59.99**,
xs-xl, Zara

Coat, **£39.99**,
6-18, H&M

Skirt, **£45**, 12-32,
JD Williams

Skirt, **£32**, 6-16,
Topshop

Wear it with...

Shoes, **£60**,
Miss KG

Bracelet, **£15**,
Orelia at Asos

Bag, **£45**, Dune

Coat, **£115**, 6-18, Coast.
Shirt, **£28**, 6-22, Autograph
at M&S. Skirt, **£70**, 4-18,
Asos. Heels, **£79**, Jones
Bootmaker



*No need to flash your midriff
in a cropped top, just team
with high-waisted bottoms*

The equation
**BOXY TOP + HIGH WAIST
CULOTTES**

A chic alternative to a skirt or trousers, culottes can be super-flattering – avoid looking pear-shaped and team them with a wide-sleeved top



Wear it with...



Culottes, **£40**, 6-18, Next.
Top, **£22.99**, xs-xl, Zara. Bag, **£12.99**, New Look.
Heels, **£36**, Next



SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I've been the same shade
of red for years, but it's time to
change it up. Hello, Golden Blonde!
Looks so natural, I almost
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,
IT'S THE UK'S #1*



**nice'n
easy**

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

 **head &
shoulders**

**The secret to
model-beautiful hair?**

head & sssssshhoulders

*Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



IT'S A WRAP
Scarf, £35, Dune

SNAKE HIPS
Jeans, £79, 8-16, House of Fraser

RED HOT
Skirt, £24.99, 6-18, H&M

BUCKLE UP
Belt, £6.99, H&M

Wild thing

This year's new-season animal print demands a spot in your wardrobe!

SHOP THE LOOK

JUNGLE FEVER
Dress, £79, 6-20, M&S

ANIMAL MAGIC
Jumper, £14, 8-24, very.co.uk

IN THE SHADE
Sunglasses, £24.99, Mango

PRETTY POM-POM
Bag, £45, nica.co.uk

LEOPARD LOVE
Shoes, £79.95, Moda in Pelle

Style tip
Stick to wearing one animal print at a time and team with plain clothes

REPTILE READY
Bag, £69, Biba at House of Fraser





wollis



THIS AUTUMN, JOIN THE FIT REVOLUTION

Being blessed with bigger boobs doesn't mean you have to compromise on fit or style.

Discover autumn at Pepperberry and find your perfect fit in beautiful on-trend styles, all designed with your boobs in mind.

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SKY NEWS PRESENTER SAMANTHA SIMMONDS, 42, LIVES IN LONDON WITH HER HUSBAND AND THREE CHILDREN. YOU CAN READ SAMANTHA'S BLOG AT SAMANTHA.SIMMONDS.COM OR FOLLOW HER ON TWITTER @SKYSAMANTHA



WHAT YOU THINK

DEPENDS ON THE CHILD

I'm a helicopter mum, but not to prevent my son from hurting himself. He has special needs so I have to stay close by. But where my two-year-old daughter's concerned, I leave her to it. If she never falls, how will she learn to be more careful?
Ingrid Senger-Perkins

LET THEM TAKE RISKS

As a mum of three active boys, I've had looks of disapproval from other mums. But without a bit of risk-taking, our children are growing up without the resilience to become well-adjusted adults.
Lucy Jackson

KEEP CALM
My youngest daughter was always the daredevil of the family and regularly gave me heart failure. The trick was to stay calm and let her learn.
Lel Vest

Get In TOUCH

Is there a burning issue you want to talk about? Join the conversation at [facebook.com/goodtoknow.co.uk](https://www.facebook.com/goodtoknow.co.uk)

ARE WE DAMAGING OUR KIDS?

Wrapping our children up in cotton wool isn't doing them any favours, argues Samantha Simmonds

Why is it that our generation of parents is totally obsessed and overprotective of our children?

We put so much pressure on ourselves to be perfect parents – we angst over how we talk to them, blame ourselves for their behaviour, get upset if we shout. But all this mollycoddling could be doing more harm than good.

We need to stop being so hard on ourselves. While we're busy protecting our precious ones from any negative experience, we forget they need to learn some harsh realities along the way.

Take my own seven-year-old son. He's fiercely competitive (can't think where he gets that from...) and recently he worked himself up into sheer panic over his upcoming karate grading. Having passed his previous six belts with flying colours, he just couldn't remember his latest *kata* (to the uninitiated, it's a sequence

of moves for each grading). So determined was I to help him succeed that we looked it up on YouTube together and spent hours going over the moves.

Unfortunately, I'm no Mr Miyagi and it didn't pay off. He came home inconsolable. But as I comforted him (yes, sweets were involved), I realised he might benefit from his first failure. Children need to learn that things won't always go their way and still pick themselves up afterwards. I was one of those anxious mums who hovered close in the playground in case a bigger tougher kid came over and whacked them.

I'm not alone in my helicopter parenting. I know mums who spend evenings doing homework with – or even for – their children. These same kids struggle to

amuse themselves as they're so used to having a carefully researched, age-appropriate toy put in front of them. When did sticks and mud go out of fashion?

When I was growing up, my parents just left us to get on with it. They guided us, but with a far more laid-back attitude. I want my children to grow up with a

strong sense of their own identity and feel in control of their own lives.

Being a parent is the most important thing I'll ever do and if having to let go a little means doing the job well,

then I'm just going to have to try that little bit harder. And if I fail sometimes – well maybe that's fine. Parenting is a learn-as-you-go kind of thing. As long as our kids feel secure and loved, they should turn out OK. After all, most of us did... didn't we?

'When I was growing up, my parents just left us to get on with it'

We found HAPPINESS on the playing field

Taking up old school sports while in their thirties and forties
has transformed the lives of these four women



'Rugby saved me by giving me a life'

CAZZ KAY, 33, LIVES IN MILTON KEYNES WITH HER PARTNER OF 14 YEARS, PAUL

I used to be the master of not doing very much at all. I told myself I was busy, but my 'busy' involved watching films or playing computer games. I don't have kids and worked at B&Q as a department manager. Looking back, I was just drifting through life. On the rare occasions I felt guilty for not exercising, I'd join a gym, go a few times and pay for a 12-month membership I never used. I'd always wanted to play a team sport, but was too unfit and lacking in self-confidence to give it a go. That is, until 2011, when I attended a Race For Life event.

Giving it a try

I was walking the race for the B&Q team, when I saw a stand for Bletchley Rugby Club. As a child, I wasn't allowed to play rugby. My brother did, and I used to watch from the sidelines, desperate to get involved. The women on the stand beckoned me over and

invited me to some free fitness sessions they were running.

I turned up to my first session terrified and not knowing the rules. I thought I'd be laughed off the pitch by skinnier, fitter women. But it was a friendly and fun crowd and I left thinking, 'okay, I can do this!'

Being tackled is probably what puts a lot of women off rugby, but we were introduced to it slowly

and it's not as scary as it looks. Now, it's one of my favourite parts of the game. It's about technique, not strength, and there's a real sense of achievement when you make a good tackle.

'Covered in mud in the pouring rain, I feel more alive than I ever did on the sofa'

I call my team my Rugby Family. Whether we win or lose, we're in this together. Never have I felt more like I belonged to something that matters. Covered in mud in the pouring rain, I feel more alive than I ever did on the sofa.

*** Find a taster session at englandrugby.com/rugbywomen**



'I lost eight stone in a year on the hockey field'

KAREN GIBSON, 44, LIVES IN ESSEX WITH HER HUSBAND AND THEIR 9-YEAR-OLD DAUGHTER

I used to stand on the sidelines watching my daughter play hockey, and feel in awe of all the sporty mums running around helping. Just watching them – and their endless energy – made me feel exhausted!

My daughter was truly a great player, just as I'd been at her age. Growing up in New Zealand, I'd loved the camaraderie of the sport, but since moving to the UK in 1999, falling in love and settling down, I'd long since stifled my competitive streak. I never considered picking up a hockey stick again – I thought my playing days were over.

Then, as the hockey season came to an end in April 2014, I agreed to take part in a 'parents and children' game at the club's fun day. I was nervous I'd make a fool of myself, but, to my surprise, I loved it and realised I was missing out on something.

Sadly, I'd let myself get so overweight that I couldn't physically play a proper game of hockey, even if I'd wanted to. As a busy working mum, I lacked energy and would resort to junk food to get me through the day. And at 19st 3lb, I was big for my 5ft 1in frame.

Deciding it was time to make a change, I asked a friend who was a personal trainer to help me get fit and lose weight. I had a few months before the new hockey season started and I was determined to get in better shape so I could play. I also wanted to

be a better role model by showing my daughter that I could make healthier lifestyle choices. I was careful never to use the word 'diet', instead I would tell her that I was getting fit and healthy.

Making changes

For breakfast, I started having porridge with chia seeds and blueberries, then a chicken salad for lunch and salmon with vegetables for dinner. I'd snack on boiled eggs or nuts, fruit and Greek yogurt – there were no sugary treats.

I'd never felt so full of energy and by September I had lost enough weight to be able to join

Hockey is amazing for burning calories, as it's so high intensity, and the more I played, the better I felt'

the club without panting and huffing my way through a game. Hockey is amazing for burning calories, as it's so high intensity, and the more I played, the better I felt.

Within a few months, I weighed 10st 7lb and was

training on Wednesdays and playing matches against other local teams on Saturdays. Last season I was the highest goal scorer on our team, but the highlight was winning 'player of the match' alongside a 13-year old and a 17-year old. Even by combining their ages, they still weren't as old as me, and I was holding my own. I love it – I'm finally a sporty mum!

*** To get involved with your local hockey club, visit englandhockey.co.uk/backtohockey**



‘Rounders reignited my love for sport’

CHARLOTTE HARDIMAN, 39, LIVES IN BURNLEY WITH HER HUSBAND IAN AND THEIR TWO SONS

At school, I played every sport going – football, hockey, tennis – it was such a huge part of my childhood. I’d dreamed of being a PE teacher when I grew up and I even had trials for the north of England hockey team. But when I turned 16, I was diagnosed with spina bifida and was told I’d have to have a spinal fusion operation. At 18, I had the major op and that ended it all. I tried playing hockey after a year of rest, but the pain was just too excruciating and I’d come off the field in tears.

After that, I wasn’t very active until my husband and I started to take up running. Slowly, I’d build up my distance, but I didn’t have the confidence to try other sports. It was only after I got through two pregnancies without having any back problems that I thought I might be able to do something more physical. So when my friend Helen said she’d seen an advert for a rounders night, where anyone can turn up and play, we decided to try it out.

I’d played rounders when I was at school and thought it was something you played on a Sunday afternoon with your family, not a sport with leagues you can join. But when Helen and I went along on that first night, we were soon picked up by a team and now we’re hooked.

Fitness boost

Because rounders involves more short, sharp bursts of movement rather than prolonged periods of intense activity, I don’t have to worry about my back too much. It’s one of the few sports that absolutely anyone can play, no matter what shape, size, age or level of fitness. My position is in the deep field, where you have to run for the ball and try and catch people out, so my fitness has improved massively. I play twice a week now and was our team’s top scorer last season. I even won a ‘player of the division’ award.

Unlike other sports, rounders matches

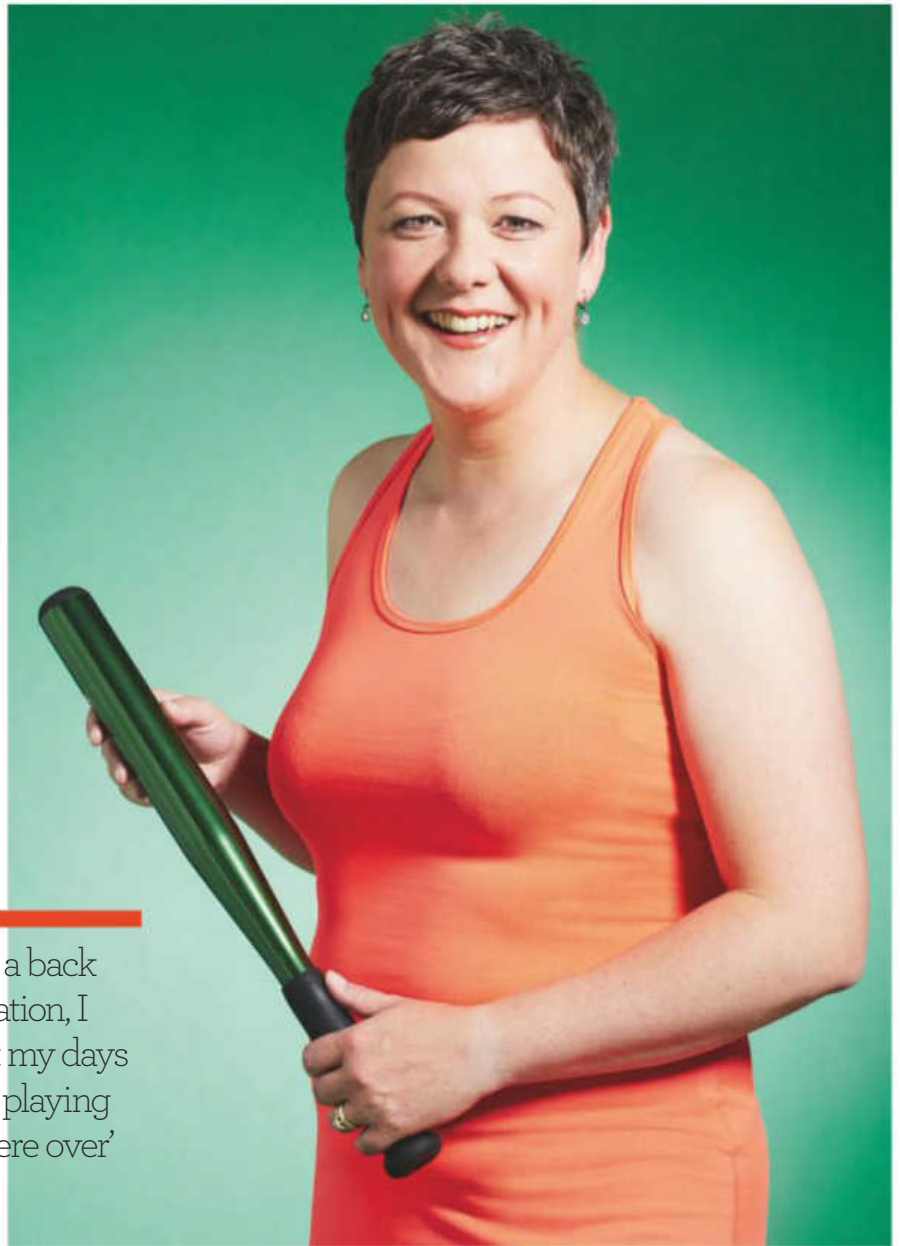
‘After a back operation, I thought my days on the playing field were over’

usually happen on weeknights, so it’s perfect for mums as they don’t have to give up family time at the weekend. It’s such a family occasion that the boys sometimes come along – they always say they’re going to watch me play, but they’re usually off running about with their friends, which is great because they get their exercise, too. Ian and I were both really sporty growing up, so we think it’s important that the boys see us being active and can learn from our example. It seems to be working so far!

I also really love the fact that playing rounders gives me a bit of ‘me time’ that I didn’t really have before. The biggest

thing I missed about being involved in sport was the camaraderie, so it’s fantastic being part of a team again and I’ve made so many new friends. We have socials and presentation evenings, and just chat on Facebook for hours after matches to discuss what went on. It’s even better when we win!

*** Charlotte is an advocate for the Sport England campaign, This Girl Can, which aims to get women moving, regardless of shape, size and ability. For more information, inspiring stories and to find out where you can play rounders in your area, visit thisgirlcan.co.uk**





'Netball has given me more energy, focus and enthusiasm, and made me proud of who I am again'

'In netball, I discovered a whole new world'

MICHELLE FINCHAM, 34, IS A SINGLE MUM WHO LIVES IN PORTSMOUTH WITH HER THREE CHILDREN

I didn't used to make any time for myself. Day after day, I'd drop the kids off at school, go to work, pick the kids up, take them to their various after-school clubs, fix their dinner, give them a bath, just about manage to make my own dinner and then fall into bed.

It was only when I split up with my boyfriend a couple of years ago that I realised how much I'd focused on being a mum and a girlfriend, I didn't have anything that was just 'my thing'.

Part of a team

I had a friend who was really into netball and whenever we saw each other, she was always so full of energy and telling me stories of the fun she was having on and off the court with her team.

She had an identity completely separate from motherhood, and I envied that. I needed to feel like I was part of something and attempt to do something for myself. I'd loved netball at school, but I hadn't touched a ball since I was 15 and couldn't even remember what position I'd played. My friend was in the top division, but I asked her if there was a team that I could join.

At my first game, I was comforted to find out that everyone else was in their thirties and also had

kids. It was exhausting – not only running around a court again, but trying to remember all the rules. The whistle was blown on me lots of times for foot faults, but my team were so welcoming and supportive. I trained for six months and settled into the wing defence position after realising I was hopeless at shooting the ball into the net.

Now, I play league games on Tuesdays and tournaments some weekends. It's far too easy to find an excuse not to go to the gym, but I've played netball in the snow and come home dripping wet and freezing cold.

We're a league; we play together whatever the weather, and we organise dinners and social events, too. It's about so much more than just playing netball. It's given me more energy, focus and enthusiasm, and made me proud of who I am again.

I think it's made me a better mum, too. I'm setting a good example by showing the kids I've got my own interests. Whenever I've played a game, they're full of questions and when I get player of the match they're all: 'Wow, Mum!' They're my little cheerleaders.

I didn't know how much I needed netball in my life until I found it. It's given me something that's just for me, yet made me a better person to everyone around me at the same time.

★ To find a local league, visit englandnetball.co.uk

Feature Kim Willis at Phoenix Features & Anna Matheson **Photography** Angela Spain **Stylist** Fiona Reardon **Hair & make-up** Sarah Jane Green & Julie Read **Cazz wears** Top & leggings, both Primark, **Karen wears** Top, leggings & trainers, all Decathlon, **Charlotte wears** Vest, leggings & trainers, all Next, **Michelle wears** Vest & trainers, Decathlon, Skirt, Gap



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YOU & HIM

Put down the book and transform your man into your very own Christian

Mr Grey, I presume?

Since the latest instalment of E.L. James's sub-dom phenom hit the shelves, there's been a reported rise in women paying male escorts to fulfil their Christian Grey fantasies. Hotels are even cashing in on the kink with luxury '50 Shades' mini-breaks complete with in-room pleasure box (bondage tape and tube of Pringles anyone?). But you don't need to call in the professionals or leave the house to enjoy your very own 'red room' experience. Here's how to get your man to match up to Mr Fifty Shades...

CHAPTER 1 Set the scene

If you're going to be handcuffed to the bed you don't want to be staring at a pile of dirty washing. Dim the lights and use candles to create a sexy atmosphere (opt for aphrodisiac scents like vanilla and jasmine), but don't turn the lights off – this is about taking yourself out of your sexual comfort zone. Pick a 'safe-word' to use when you've reached your limit. 'Choose something other than "no"', suggest Em and Lo authors of *50 Shades of Play*. 'It can be "red" or "banana" – anything you wouldn't normally say during sex.'

CHAPTER 2 Blindfolds and handcuffs

Your senses play a very important part in your enjoyment of sex, so when you remove one you heighten the others. This is why blindfolding can be so sexy, plus it's a great introduction to surrendering yourself to your man. If you want to experiment with some restraint play, but are not quite ready for handcuffs or ropes, a tie is the sexiest place to start – just like Mr Grey.

CHAPTER 3 Be a good little submissive

A third of women* have admitted they fantasise about being sexually dominated. 'I love it when my man orders me to get naked, while he stays fully dressed,' says reader Amy



CHAPTER 4 Slap and tickle

Pain when you're turned on can bring you immense pleasure, but if you're feeling nervous or unsure start by getting him to nibble your lip, moving on to your nipples, tell him how hard he can bite or pull them. Suggest sex in the doggy position and tell him you want him to spank you, not knowing when, will take you by surprise and be a massive turn-on. Start softly and build up to something you're both comfortable with.

CHAPTER 5 It's playtime

Dirty talk is a bit like role-play for beginners and great for discovering each other's fantasies. Get your man to tell you what he'd like to do to you and visa versa. 'Keep the scenario simple to avoid the cringe factor,' advises Emily Dubberley author of *Friendly Fetish*. 'Try getting him to play the 'lingerie assistant' and help you 'adjust' your underwear in the mirror, moving onto acting out more specific fantasies when and if you want to.' Where you go next and how far you take it is totally up to you...

*More HOT TIPS



For more exciting things to do in the bedroom, visit goodtoknow.co.uk/sextips

SAVED BY THE BELL!

Eight good reasons why we're celebrating the end of the school holidays

Finally! The summer break is over, it's back to reality and we can all breathe a sigh of relief. Six weeks entertaining the kids can really take its toll.

From dreaming up fun activities every day to figuring out what to feed them, who's going to take care of them while you're at work, and where to find all the extra cash you'll need, the summer holidays can be one of the most stressful times of the year for busy mums. So when the new term starts and that blessed bell finally rings, it's time to pop open the prosecco. Here are our (valid) reasons for raising a glass of fizz to that big brick building down the road...

1 GOODBYE CHAOS, HELLO ROUTINE!

Who'd have ever thought you wouldn't mind getting up at 6.30am?! Nowadays, you couldn't be happier to have the kids up and dressed before breakfast instead of spending all morning coaxing them out of their PJs. Frankly, the school holiday routine – or should we say 'no routine at all' – was hard to keep up with. But now you all have a schedule to stick to, you can get back to knowing exactly what to cook for dinner, who's coming round on Wednesday night and what time you can expect the temper tantrums. How very reassuring.

2 NO MORE 'ARE WE THERE YET?'

Now don't get us wrong, like you, we love family holidays, but if we have to endure one more 'Are we there yet?', 'I'm bored!' or 'Let's play eye-spy', we'll blow a gasket! Luckily back to school means shorter journeys and the only adventure you'll have to take will be the trip to Grandma's!

3 FEWER HOURS AT HOME LESS MESS

Yes! You can finally tidy up the house and make some sort of dent in the chaos. The hallway starts to look less like a teenager's bedroom, the dishwasher can finally have a rest and the washing basket is no longer the cat's hiding place.

You've got your tranquil, mess-free sanctuary back. Well, at least until 3.30pm.

4 'ME TIME' BECOMES A NEAR DREAM...

...rather than a distant memory. You've been kept on your toes for the last six weeks, but you might finally be able to put your feet up and relax on your next day off. You've got more time to chill out, catch up with your friends and attend the yoga class you've been putting off. OK, you may not actually do any of those things, but just knowing you could if you really wanted to is somehow bliss.

5 SUPERMARKET TANTRUMS & STRUGGLES ARE OVER

It's bad enough having to do the weekly food shop at all, never mind having to tackle it with the kids pulling on your legs, throwing contraband into the trolley, and escaping into the aisles without any trace. Thankfully term time means it's back to the after-school clubs for your hyper brood,

so you can get the shopping done while they're wearing themselves out at gymnastics, football, or whichever hobby they've decided to try out this week. If you can get hubby to take care of the taxi duties, you might even have time to put the shopping away before they burst into the house searching for chocolate biscuits.

'THANK GOD, THAT'S OVER!'

Readers reveal their favourite thing about the start of the new term...

*** TECH TAKEOVER** After having to relinquish control of both my iPad and iPhone, I'll finally get them back so they can be used for their rightful purposes – Facebook stalking and sexting my hubby! *Elaine, 43*

*** ADULT CHANNEL** I'm so looking forward to catching up on all the *Game of Thrones* I've missed. And no more CBBC! I won't miss Dick and Dom – sorry boys! *Helen, 42*

*** DINNER DATE** I can't wait to ditch the fish fingers. We're always so busy during the holidays that I never have time to cook two meals and end up eating the same as my fussy kids – and leaving my boyfriend a selection of ready meals to choose from. Poor bloke. *Karen, 41*

*** SHINY SHINY** In hindsight, I probably shouldn't have chosen to kit out my entire kitchen in stainless steel, but as it is, I can't tell you how excited I am for all those smeary surfaces to be shiny and clean again. They've been constantly covered in sticky finger prints for weeks! *Steph, 37*

*** MUM'S THE WORD** Much as I love spending more time with the kids, I've had it up to here with hearing 'Muuuuuuuum!' shrieked out 18 times a day. The thought of being able to spend some time with people who actually know and use my real name is enough to make me leap with joy. Yes, I'm 'Mum' but I'm also still me! *Sheena, 39*

6 GROWN UPS GET TO DO GROWN-UP THINGS

Ladies, it's wine time! Get on the phone to your friends and set up a play date for grown-ups on your next afternoon off. Start with a trip to the shopping centre, which doesn't involve tantrums in the toy department, pushchair battles, or McDonalds. Nope, now it's all about splurging in the shoe department, stopping off for a manicure, and a cheeky glass of wine with lunch. Best of all, you don't need to censor your conversation any more – it's time for a long overdue gossip.

7 THE BANK BALANCE LOOKS BETTER, MUCH BETTER!

Have you done the maths yet? Maybe best not to. According to a study by Nationwide, parents spend nearly £1,000 on each child over the summer holidays. Even if you've stuck to something resembling a budget, six weeks of days out, pizzas, ice creams and treats will certainly have left your bank balance looking a little sorry for itself. But now you can try to repair some of the damage – so packed lunches and fruit it is then.*

8 FIGHT CLUB HAS CLOSED ITS DOORS

OK, so it got a little heated for the kids over the school holidays. A little bit too much sibling time, squabbling over PlayStation games or who was going to sit on Mummy's lap first. But don't worry, the temper tantrums and fights will hit minimum now it's back to school time. They may still want to kill each other on occasion, but separate classrooms means less opportunity for physical contact (read 'damage') on a daily basis. And if playtime skirmishes do occur, it's up to the teacher to referee any battles. Thanks, Miss!

A full-length portrait of Michelle Mone OBE, a blonde woman with long wavy hair, smiling. She is wearing a blue bandage dress and a white blazer. She is standing in a room with dark blue walls, a white fireplace mantel, and a large chandelier. The floor is made of dark wood.

How to BOUNCE BACK

Entrepreneur and mum of three Michelle Mone OBE
shares her secrets to surviving setbacks
and turning things around at work

She left school when she was just 15, was made redundant from her first job, then almost lost her own business in a bitter divorce battle... but somehow the unstoppable Scot has gone from strength to strength.

At 43, Michelle Mone is still the co-owner of her global lingerie brand Ultimo, which she launched in Selfridges in 1999 – just one month after having her third child. Plus, she's created her own self-tanning brand UTan, as well as becoming an international business coach and mentor. If anyone can tell us how to turn negatives into positives, it's definitely Ms Mone!

KEEP THINGS IN PERSPECTIVE

I've faced plenty of setbacks, like when I was ripped off for £1.4 million and the company almost came crashing down, but while it might feel like the end of the world, it could be worse. My mum's always taught me to step back and see the situation for what it really is. There are people out there who can't feed their kids, whose babies are dying of leukaemia. Compared to that, you've got nothing to moan about. Every day's a school day and every day you get stronger and wiser. I used to chase money, thinking the next car or house would make me happy, but you soon learn it doesn't – there are more important things in life.

Push yourself out of your comfort zone

I think you've got to keep on challenging yourself. Don't allow yourself to get comfortable and get stuck in a rut. Life is not a dress rehearsal – it's real, so embrace it and be happy and move forward. If you're unhappy, sit down and list five things you don't like about your life, then set about changing them one by one. Stop making excuses and blaming other people. You're in control, so get it sorted out!

If you fall down, get up!

After four years working my way up in the marketing department of a big beer company, I was made redundant. At 24 with two children under four and a huge mortgage, it was a terrifying prospect. But it was just six weeks later that I came up with the idea to design my own bra. I'd gone to a dinner dance and I was wearing a really uncomfortable push-up bra. I remember being in the toilets when the lightbulb moment struck. I thought, 'why should women go through all

this discomfort just to boost their cleavage?' So I took the bra off, went back to our table and announced, 'I'm going to invent a bra!' My husband said, 'You can't even sew; what do you know about making bras?' But I just knew I could do it. I know it's a cliché to say 'when one door closes, a bigger door will open,' but it's true – you have just got to find that bigger door. Now when I look back, I thank goodness that I was made redundant because I wouldn't be where I am now if I hadn't been.

Don't let anything hold you back

I'm really nothing special. I'm not intelligent. I left school at 15 with no qualifications and I came from a one-bedroom flat in the east end of Glasgow, but now I'm speaking on a world stage. It just shows you that anyone with determination and a can-do attitude can succeed. It's hard

to do it while bringing up your kids, but it is possible. Once you get in the zone and you're focused and motivated, you'll let no one get in your way, you'll power on and you'll find your way. I really believe anyone can achieve just about anything they set their mind to.

'When I lost my job at 24, I thought my world had ended. But now when I look back, I thank goodness I was made redundant. I wouldn't be where I am now if I hadn't been'

STAND UP FOR YOURSELF

Getting ahead at work is all about confidence. In the past, I've been treated unfairly compared to men, but I wasn't afraid to say, 'hold on, why's this happening?' If you're not being promoted like the guys, that's wrong and you have to ask why not. Is it training issues? Is it childcare issues? We have to challenge these barriers for things to change. The Government has pledged 30 hours a week free childcare to working mums. That's something I never had, but I did have my parents to help me. We should have the same opportunities as men in the workplace and yes, we've come a long way, but we've still got a lot of work to do.

* Michelle's self-tanning range is available at utanshop.com and you can read more inspiring tips from her at michellemone.com

Make time for yourself

If you don't have a healthy body and mind, you won't succeed. When I was putting everything into the business and my marriage was under pressure, I was overweight, unfit and unhealthy, and I couldn't have managed to do a quarter of the things I do now. But in the last few years, I've lost eight stone and now I train every day. That might seem a lot, but if I didn't do it, I wouldn't cope physically with all the travelling and work I have to do. I think you should try to find one hour to yourself every day, because it can help you become more productive and more focused. I know an hour might seem a lot to mums who work, but there is always a way to find the time: you could get up a bit earlier or do it when the kids are in bed. Whatever you have to do, it will be worth it.

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Rachel



Rachel's. MY NAME. MY PASSION.

WE'RE ALL *secret* SPENDERS

Readers own up to the guilty habits they choose
not to share with their other halves

My husband is annoyingly observant and always spots when I'm wearing something new. Luckily, my job as a photographer means I can get away with saying, 'Oh, this? The stylist gave it to me on the last shoot!'

Nicole Evans

I definitely have more Starbucks than I let on!

Sarah Friedrich via Facebook

My husband is still a firm believer that my full head of blonde highlights only costs me £30 a time... If only he knew!

Anonymous

Luckily, my husband isn't on Instagram, so when I've been (secretly) shopping and confess my sins online with the #Don'tTellMyHusband, it strangely makes me feel less guilty.

Anonymous



I have a secret credit card that my partner knows nothing about. I was on the phone to my bank for half an hour the other day trying to get them to agree to an all-online arrangement, so there'd be no 'paper trail'. He'd kill me if a statement arrived in the post.

Linda Gosling

I thought I was getting away with buying CDs and bits for the house on eBay, until I realised I was logged onto my husband's account (we share a laptop) and he was getting all the emails with notifications... Oops!

Anonymous

I buy shoes and then scuff the bottoms on the garden path, so when asked, I say: 'What? I've had them ages, look at the bottom...'

Jemma Kaye via Facebook

I have been known to steal some pennies from my daughter's piggy bank if I don't have any change and need a pound for the supermarket shopping trolley – I give it back though, honest!

Anonymous

My mam taught me to always knock a third off the price of anything I bought... Stupid thing is that my dad and my husband both know the trick, too!

Lel Vest via Facebook

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'I WOULDN'T CHANGE MY SON FOR THE WORLD'

When Lorraine McRobert was told her baby had Down's syndrome, she watched everyone around her crumble – but it made no difference to her

People cried when I had my son, Ryan. Not tears of joy because we had a beautiful little boy. No, these were tears of sadness – because he had Down's syndrome. Nurses, friends, even my family. They cried for his fate, and also for ours as his parents. Looking at him now, with his mischievous grin and silly sense of humour, it seems hard to believe that anyone could wish things were any other way.

My husband, David, and I had been trying for a baby for 18 months, so we were overjoyed when it finally happened. At 16 weeks, I was offered a standard blood test to check for irregularities and screen for conditions including spina bifida. There was no risk of harming the baby, so I thought nothing of it. A week later, our doctor phoned. 'Your baby has a high risk of Down's syndrome,' he said. I was 29 and usually the chances of a woman under 30 giving birth to a baby with Down's are less than one in 1,000, but mine were one in 120.

We were called in for an appointment with the consultant. 'There is a further test you can have to find out for sure,' he explained. It would involve a needle being inserted into my belly to extract amniotic fluid. There was a risk it could harm our baby. 'If the results are positive, you may want to consider whether to continue the pregnancy,' he added. I couldn't believe

my ears. David and I didn't even have to discuss it. To us, knowing whether our baby had Down's was the same as knowing the gender. It made no difference to us, so what was the point in finding out?

At 22 weeks, I had a scan to check for what they call 'soft markers' that can be characteristic of Down's. The results showed a slight thickening around the neck, which can be a warning sign.

We knew we'd cope

Walking through the hospital car park, I felt a flutter of worry. Would we be able to cope if our baby had Down's? At that moment I felt a sharp kick in my belly.

Our baby was sending a message. 'What does it matter?' I said to David, grabbing his hand. 'This is our wee baby.' David agreed. We would cope with anything that happened.

On September 18, 2008, our baby came out face first and got stuck just inside the cervix. I had an emergency

C-section and, finally, I got to hold my baby boy, swathed in a blue blanket. His body was swollen and bloomed with bruises. He had two black eyes from his struggle to enter the world. And he was beautiful.

He had his dad's eyes, a mouth that seemed on the edge of a smile. His thatch of dark hair had formed into a mohican. David and I couldn't stop grinning.

The consultant came to examine him and a blood test confirmed that Ryan had

'People's reactions can be odd. "I cried for you," said one friend, squeezing my hand'

Lorraine with husband David, Katie and Ryan



Down's. Half an hour later Ryan was whisked from David's arms. He had turned blue. Ryan had a hole in his heart, common in people with Down's syndrome. He also had an unrelated heart problem, pulmonary stenosis, where the muscle tissue is too tight around his heart. He spent four nights on oxygen in special care. After another four days we were allowed to take him home. He was stable, but would need heart surgery when he was old enough and strong enough to handle it.

Back home our main worry was spotting the danger signs. What if his heart stopped? How would we know? Apart from a single cry when he was born, Ryan barely made a sound. We kept his crib by our bed. Every night I stared at him, in wonderment and sheer terror, until I fell asleep. Within a few weeks I instinctively knew the signals. If he moved his lips slightly, it was time to breastfeed. A little wiggle of the bottom meant his nappy needed changing.

People's reactions can be odd. 'I cried for you,' said one friend, squeezing my arm. Our parents were upset, worried



about Ryan's future and how we'd cope with him. Strangers stared openly in the street. Old ladies squinted into his buggy, pinching his cheeks and kissing him. 'They're so loving, aren't they?' I knew there was no malice, but it was frustrating.

First smile, first word

Ryan's first smile came at eight weeks, which is normal. His first word – 'mum' – was around 11 months, although his speech is still slower than most children's.

At 17 months, he was strong enough for the heart surgery. They patched up the hole and regulated his blood flow. His energy shot through the roof, and soon he

was bum shuffling – his preferred method of getting around until he started walking – all over the place. I was forever buying new trousers or patching up the holes.

In August 2011, we had a healthy little girl, Katie. Ryan adored her, sometimes squeezing her a little too tight. 'Be gentle,' I told him. Looking at me with those big blue eyes, he smiled and said, 'OK, Mummy.'

Now aged four, Katie acts like his mini-mum. Watching him fumbling to zip up his coat, she'll say, 'Let me help you, Darling.' (Her pet name for him). Ryan is in a special needs class attached to a primary school, so he mixes with so-called 'normal' kids. 'A boy wouldn't play with me today

Mummy,' he said one day, but he never gets upset. He just doesn't understand that he's different. Maybe that's for the best.

I truly believe Ryan can have a rich, happy life. In May 2013, my friend Tracy and I set up our online business, Bairnz Boutique (bairnzboutique.co.uk) selling children's clothes. I wanted to earn a living while being around for my kids, but I also hope Ryan can work with us one day. I've no doubt he will fall in love and get married, too. Who could resist that cheeky, charming smile? At the moment, all he really wants to do is make people laugh. The other day he gathered us in the living room and said: 'You are going to get a show now. Sit down and watch me please, and then I want a round of applause.' He proceeded to sing and leap about to his favourite Katy Perry song. I just can't imagine life without him.

THE FACTS

*** Down's syndrome is a genetic condition caused by the presence of an extra copy of chromosome 21 in a baby's cells. In the vast majority of cases, this is simply the result of a one-off genetic mistake.**

*** There is a small chance of having a child with Down's syndrome with every pregnancy, but the risk increases with the age of the mother. For example, a woman who is 20 has about a one in 1,500 chance of having a baby with the condition, while a woman who is 40 has a one in 100 chance.**

*** Everyone with Down's syndrome will have a degree of learning disability, but the level of disability will be different for each individual.**

*** Although there's no 'cure', there are ways to help children with the condition develop into healthy and fulfilled individuals who are able to achieve a level of independence. Good parenting and healthcare is paramount.**

*** For more information, visit downs-syndrome.org.uk or call 0333 121 2300.**

She might look all bright-eyed and bushy-tailed by the time you switch on the box in the morning, but that's because new mum Charlotte Hawkins has already been awake for hours, scouring the headlines for the day's news, and preparing to greet over half a million people on ITV's *Good Morning Britain*. Before landing her coveted spot on the sofa, she had already proved her presenting skills on Sky's *Sunrise* under the watchful eye of Eamonn Holmes. Her warm, bubbly persona shines through on screen as she banters with fellow *GMB* presenters Susanna Reid and Ben Shephard. She insists the camaraderie is genuine and is one of the reasons why she was so keen to return to work after giving birth to her first child back in February.

When I look at Ella Rose, I can't believe my husband Mark and I made this incredible little being. Becoming a new mum is so overwhelming; nothing can prepare you for it. When she was very little and waking up every two hours that was pretty full on. You can't quite appreciate how much they're going to need you to do everything for them, carry them around everywhere, and stay up all night with them. But just one look at that little smile and it makes it all worthwhile.



Rise and SHINE

From turning 40 to having her first child, breakfast TV host Charlotte Hawkins has had an emotional year... and she's still smiling

We did have quite a difficult time trying to conceive. It's still unexplained as to exactly why we had problems, but I think there was probably a build-up of factors. It could have been to do with stress and, of course, the hours I do – I get up for work at 2:30am! However, I was making sure that I was eating healthily and exercising, too, but it wasn't until I got the job at *Good Morning Britain* – and the last thing on my mind was getting

pregnant – that it happened. I guess sometimes you just need your mind to focus on something else.

Labour wasn't what I was expecting.

Mark was fascinated by the whole process. During the delivery, he was standing at the other end and I was like, 'You can't stand there, it's not a spectator sport!' He found it quite overwhelming and emotional. It lasted hours and hours and hours, which took its toll. I had to have a blood transfusion, which was a lengthy process, and meant that I was stuck in hospital for another few days afterwards. The key thing is that Ella Rose was born healthy, happy and arrived safely. At the end of the day, it doesn't really matter what I had to go through to make that happen.

You get all sorts of new lumps and bumps after having a baby.

I've tried to get back to where I was before being pregnant as it felt strange not feeling like myself. Squats while brushing my teeth is my top tip. I've also done my best to resist naughty things like cake, biscuits, chips, crisps and chocolate – but it's been hard. I've been doing some yoga and a few strengthening exercises, but haven't made it back to the gym yet. I think rushing around everywhere, plus long walks with the buggy and the dog, all help. But I'm not entirely sure my body will ever be the same again.

I've become so much more time efficient.

As any new mum will tell you, there's not much room for downtime. I try to grab an hour every now and then to read a few chapters of a book, or get out in the garden or simply just watch some TV. These days, though, I never seem to finish anything, so you have to make the most of every spare minute.

After a few months, I was raring to get back to work.

It's like a second family at *Good Morning Britain* and I missed seeing everyone. I couldn't be a stay-at-home mum, because I just love my job too much, but I'm lucky that my hours fit really well around Ella Rose – getting up



From spending time with her glamorous GMB work family to caring for baby Ella Rose, Charlotte seems to have got the work-life balance just right

so early means I finish early, too, so I can spend the rest of the day with her. I think we've got a good balance. And we've got excellent childcare in place, so she's really well looked after when I'm not there. At the age she is, she's happy whoever gives her milk and a cuddle – she's not fussy!

'You get all sorts of new lumps and bumps after having a baby. I'm not sure my body will ever be the same again'

Working the hours that we do, it can be tough.

But when the people you work with always have a smile on their face, it makes such a difference. We're not always working on the same day, so don't get to see each other all the time, but I love having a catch

up with my co-presenters outside of work when I can. I was thrilled that they made it along to my 40th birthday party in May.

Turning 40 was one of those milestones I was dreading, but it turned out to be the best birthday ever. I had a massive



party complete with bouncy castle, an inflatable rodeo bull, and a mariachi band. It was such a beautiful sunny day, and I got to celebrate it with all my favourite people, plus my husband bought me diamonds, which softened the blow somewhat!

*** Charlotte hosts *Good Morning Britain* on ITV, weekdays from 6am**

MY BIG LOVES

♥ MY DAD

When he died of Motor Neurone Disease earlier

this year, I lost my biggest confidante. But somehow I still feel he's around and can give me advice when I need it, as I know what he would have said. He was – and still is – a big influence on my life.

♥ GARDENING

After a busy morning at work, I love coming home and spending a couple of hours pottering in the garden. It's so peaceful and our dog Bailey, a terrier cross we rescued, comes out there and keeps me company.

♥ EAMONN HOLMES

I learned so much from working alongside him. When I started at Sky, I had this vision of how

a newsreader should be and sound. Whereas his approach is very much 'be yourself' – and that is what he helped me to do over that time.

♥ HOLIDAYS

It's lovely having a few days where the alarm doesn't go off. It's a real thrill when I can stay up late, especially when it gets to 2am and I think, 'Oh, I'd be getting up for work now!'

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HI THERE!

**SARAH ALLARD REVEALS
ALL THE BEST TRICKS
TO LOOKING GORGEOUS
IN NO TIME AT ALL...**

BARELY THERE

The are-you-even-wearing-make-up look can be the hardest to get right, so always start with a fresh base. For the best glow, go with these foundation champions.

For light coverage, try **MAC Studio Waterweight Foundation, £25.50**, or **No7 Airbrush Away, £16.50**, for a flawless finish. And for matte lovers, **Bourjois Air Mat, £9.99**, glides on for a beautifully smooth, silky texture.

For low-cost anti-ageing tricks to try at home, go to goodtoknow.co.uk/cheapantiageing



NEW SEASON NUDES

I'm so over the summer brights! These hues flatter all skintones and are super-easy to apply. Treat eyes to **Pur Minerals Secret Crush eyeshadow palette, £24**, your lips to **Revlon's ColorBurst matte balm shades in Fiery, £7.99** each, and nails to a slick of **Diego Dalla Palma polish in Satin Powder Beige, £9.50**.

Photography Rex



30 HOURS

THE AMOUNT OF TIME
THE AVERAGE BRIT
SPENDS PREPARING
FOR A HOLIDAY – NOT
JUST ME THEN!

IF YOU BUY ONE THING...

Make it Vichy's Idéalia Skin Sleep, £26.50 – a night cream with the power to get you looking your best when it's back to school time! With cell-regenerating hyaluronic acid and skin-smoothing LHA, your skin will look awake even if you're not!

Tell us about your best back-to-school buys at facebook.com/goodtoknow.co.uk



TRIED TESTED LOVED

If, like me, you struggle

with limp, lifeless locks then you should try the new **Charles Worthington Thicker & Fuller** range. Thanks to a clever mix of vitamin E and keratin, your hair will be looking and feeling healthier than ever, I promise!



Matte skin,
eyes & lips

GLOSS MATTE

Try two of the top beauty trends this season
with our easy guide - brushes ready?

FEATURE & STYLING JESS HENLEY | PHOTOGRAPHY BILLIE SCHEEPERS

MATTE MAGIC

MAKE IT WORK

- * Using a matte BB cream will give your skin flawless coverage instantly.
- * Apply your concealer after your base, so you don't have to use too much. Just dab it where needed to keep dewiness to a minimum.
- * Using a brush to apply your eyeshadow and lip colour means you won't transfer moisture from your fingers onto your skin.
- * Finish your look with a fixing powder. Dust it over your skin, lips and eyes to give it that perfect shine-free velvety finish.

WATCH OUT!

You don't want to look cakey, so make sure all your powders are very finely milled, they will sink into your skin without building up

GET THE GLOSS

MAKE IT WORK

- * Always use a primer to act as a barrier between your skin and your make-up, so your gloss will last.
- * Opt for a foundation that has light-reflecting particles to give your glow a boost.
- * If you're going for a bold, PVC lip (i.e. super-shiny), then keep your eye gloss clear to offset the colour.
- * Using your fingers to dab, apply the same clear gloss over the top of your lipstick as you do on your eyelids.

WATCH OUT!

To keep the gloss, stop your skin soaking up the moisture from your make-up. A simple skin spritz will do this, use as and when needed

*Glossy skin,
eyes & lips*

Dry skin?

Always opt for hydrating based products, yes, even if it's a powder

Too shiny?

When you go all gloss, stick to buys that aren't too oily



Matte skin,
eyes &
glossy lips

Top tip

Contrasting textures really make your features pop, so wear your gloss where you want the most attention - on lips to big up your pout or on eyes to make them stand out

SWITCH IT

MAKE IT WORK

- * Apply a matte primer to your T-zone to help even-out the texture of your skin.
- * Keep the rest of your skin matte, yet glowing, and dust a light touch of bronzer on your temples and under your cheekbones.
- * Sweep your eyeshadow all over your lids, right up to your brow bone and under your lower lash line to give a soft, matte finish that will offset your lip colour.
- * Prep your lips with a lip pencil that's the same shade as your lipstick to give your colour a strong opaque finish that will last.

WATCH OUT!

Keep your eye colour soft - avoid using a strong matte shade as it will look overdone

GO 50/50

MAKE IT WORK

- * Avoid glossy skin from looking overly shiny by keeping your highlighter to your cheek and brow bones, and taking it up to your hairline from the arch of your brows.
- * For added gloss, use a brow gel swept through your eyebrows to groom and define them.
- * Keep colour in your skin by using a cream blush on the apples of your cheeks.
- * Make sure your nude lips are slightly paler than your skintone - this will stop them disappearing into your complexion.

WATCH OUT!

Go for shimmer on your eyes, but avoid glitter which will have too much standout and look harsh

Glossy skin, eyes
& matte lips





MATTE MAGIC

Powder is having a comeback, leaving skin looking soft and flawless

Shu Uemura Kolinsky 7h brush, **£30**
Maybelline Dream Pure BB Cream, **£6.99**
Clarins Joli Rouge Lipstick in Spicy Cinnamon, **£19.50**
YSL Matte Finish And Blur, **£31.50**



GO 50/50

Glossy eyes with matte lips creates a modern chic look

Nars Velvet Shadow Stick in Hollywoodland, **£20**
Clinique Just Browing Brush-on Styling Mousse, **£16**
Mary Kay at Play Lip & Cheek Stick in Peach Pop, **£8**
Rimmel Lasting Finish by Kate Lipstick in Rosetto, **£5.49**



WORK YOUR TREND



SWITCH IT

High shine lips with matte eyes packs a sophisticated punch

Autograph Mirror-Shine Lip Lacquer in Soft Coral, **£9.50**
Diego Dalla Palma Contouring Blush and Eyeshadow in 71, **£20.50**
Illamasqua Slick Stick Lip In True, **£18.50**
Pixi Mesmerizing Mineral Palette in Opal Glow, **£15**



GET THE GLOSS

Glowing, glossy skin screams youthfulness and vitality

W7 Thick Em' Up Mascara, **£4.95**
bareMinerals Cream Glaze Lip Topcoat, **£16**
B Prepared Makeup Primer, **£9.99**
Elizabeth Arden Flawless Finish Perfectly Satin 24 Hour Foundation, **£29**



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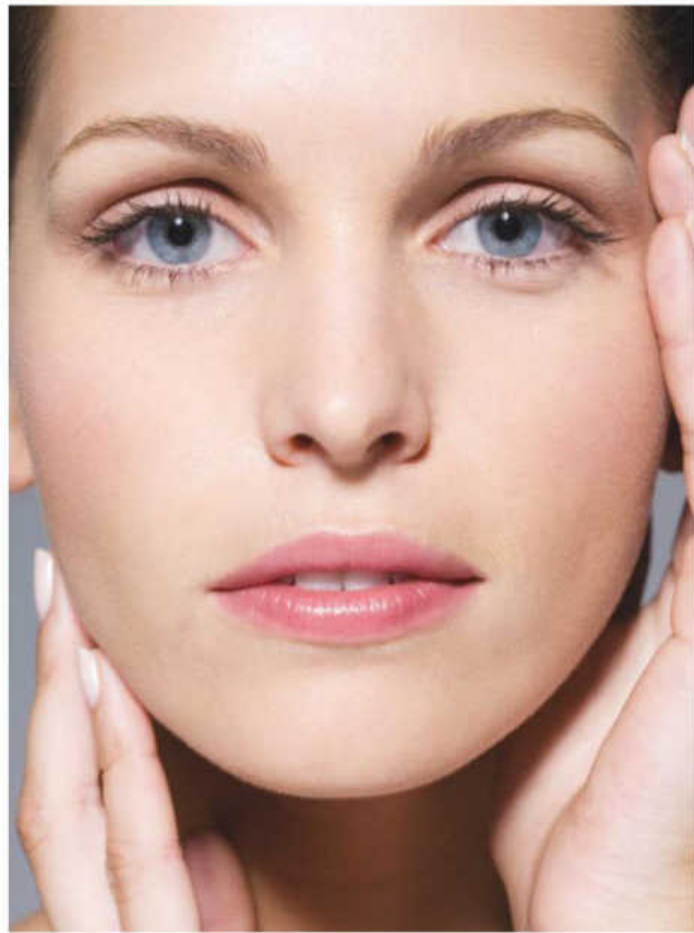
YOUR SKINCARE *decoded*

With so many products to choose from,
how do you decide what's right for you?

We're spoilt for choice when it comes to skincare, with so many new releases, never-before-seen technology, star ingredients – you name it! It can all get a bit mind-blowing. So we're here to help you find out

exactly what you should be looking out for and why.

First you need to understand what your skin's particular needs are, before we can show you which lotions and potions it's worth investing in. Our quick quiz will point you in the right direction...



Now turn over to find out which products you should buy



THE MOISTURE BOOSTERS

*** ADD A HOT CLOTH** Using a hot cloth cleanser adds a little gentle exfoliation to your skincare routine, which will gradually help smooth away those flaky patches. **REN Rosa Centifolia Hot Cloth Cleanser, £16**, is a hydrating option that's packed with fatty acids to help your skin lock in the moisture it's craving.

*** GET ANTIOXIDANT ADDICTED** Use a moisturiser or a serum with antioxidants, such as willow herb extract or vitamin C.

They increase the skin's defences so it's able to hold onto the hydrating ingredients you apply. Try adding **Aesop Parsley Seed Anti-Oxidant Hydrator, £43**, to your routine to give skin a boost.

*** SUPERCHARGE YOUR SKINCARE** To seriously up your moisture levels, give your skincare a boost with the latest beauty technology. There are now new ways to prime your skin so it gets the most from the creams and serums you apply. Try **Elizabeth Arden Superstart Skin Renewal Booster, £45**, which can increase skin's natural hydration by up to 25 times.



THE WRINKLE BUSTERS

*** GO GLYCOLIC** Founder of Paula's Choice, skincare and cosmetics guru Paula Begoun says, 'Swap your scrub for a glycolic acid exfoliant, which will gently speed up skin's natural renewal process.' Use a glycolic acid peel once or twice a week to banish fine lines before bed, **Pixi Glow Peel Pads, £24**, are a great fuss-free option.

*** EYES UP** Whether you're 25 or 55, an effective cream specifically for the eye area is a must. Make

sure it's got a hefty SPF – the sun is one of the biggest skin agers. Try **Clinique Superdefense SPF 20 Age Defense Eye Cream, £30** – the sunscreen is mineral-based, so is kind to the delicate skin around your eyes.

*** REACH FOR THE RETINOL** Up the ante with a retinol-rich serum for an anti-ageing punch. As well as protecting skin from environmental nasties, it tones down dark spots and blotchiness and plumps up those pesky wrinkles caused by sun damage. Try **Paula's Choice Resist Intensive Wrinkle-Repair Retinol Serum, £35**.



THE SENSITIVE SKIN SAVIOURS

*** GET SOOTHER SAVVY** Dr Murad advises looking for products rich in gentle anti-inflammatories like allantoin and liquorice root extract to temper any redness and keep tightness at bay. Try **Murad Soothing Gel Cleanser, £27**, making sure to use tepid to warm water – high temperatures aggravate skin, too.

*** STAY OFF THE SCENT** We all love a pretty smell, but fragrance tends to irritate sensitive skin, and that includes natural

oils like lavender and ylang-ylang. Moisturisers are notorious for being perfumed, so be picky and search out scent-free options like **Institut Esthederm Sensi System Calming Biomimetic Cream, £51**.

*** USE PROTECTION** Sensitive skin is more susceptible to being irritated by the sun, even in the colder months. Look for sunscreens based on zinc oxide and titanium dioxide, sun protection minerals that are kind to skin. **Bioderma Photoderm Mineral SPF 50+ Spray, £13.50**, is handy to keep in your bag for brighter days.



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**AVEDA STRESS FIX
PEDICURE, £50**

There will be no more begging the other half to rub your tired, aching feet after this decadent massage.

- * **You're enveloped** in a mist of Aveda Stress-Fix, which is packed with the calming scent of lavender and sage, so your feet will soon be tingling with relaxation.
- * **Next, comes the buffing and scrubbing** to get rid of the dead, hard skin, then an intensive foot mask is slathered on, which leaves feet feeling silky and supple.
- * **The finishing touch** is a glam pedicure – well, your newly revitalised toes deserve a pop of show-me-off colour, don't they? Not only will your feet be baby soft after this treatment, but at less than £1 per minute it's me time – and money – well spent.

TAKES
60
MINS

The must-have mani

JESSICA NAILS GELERATION MANICURE, FROM £35

First up is intensive diagnosis of your nails, so they can be treated with the right base coat to bring them back to optimum health, whether you've got soft, brittle or flaky nails.

- * **Next, using a gentle gel formula**, your chosen colour is sealed onto your nails under a UV light, giving you a perfect, chip-free manicure for up to two weeks.
- * **And then, as if by magic, your nails are completely dry immediately**, so no panic about smudging them as you reach for your purse. Go for a deep purple hue to be bang on trend.

TAKES
60
MINS

The Holy Grail of hair colour

OLAPLEX, FROM £50

Psst! This is the latest in hair news and it's even got those Hollywood A-listers queuing up for it.

- * **Colouring your hair regularly**, as most of us do, can change its texture, leaving it dry, coarse and brittle.
- * **For strong, shiny hair**, ask your hairdresser for Olaplex to be mixed in with your usual hair dye. It fuses together the broken bonds, repairing your hair from within and rebuilds damaged strands, making them as smooth and super soft as they were pre-colour – and it only adds ten minutes on to your usual colouring appointment.
- * **Plus it also stops any further damage** by colouring, so you don't have to worry about over-processing your hair. Genius!

TAKES
10
MINS

The eye reviver

**CLARINS AGE-
DEFYING EYES, £30**

Eyes show signs of ageing due to tiredness, stress and dehydration.

- * **Give them a super-boost** with this luxurious Clarins treatment. After a speedy 15-minute consultation you'll have youthful sparkly eyes back.
- * **First, there's a gentle exfoliation** around the eyes, forehead and temples – relieving the stress from these hot spots – before the Total Eye Balm Mask and Total Eye Patch Mask are applied. Next, these areas are massaged to drain, smooth and relax.
- * **To finish, a specially tailored moisturiser** is smoothed on and your therapist will even reapply your eye make-up before you leave.

TAKES
45
MINS



TAKES
60
MINS

The instant face lift

ENVIRON COLLAGEN
POWER FACIAL,
FROM £65

Did you know that collagen is the sponge of your skin? It's what keeps it bouncy, firm and smooth.

* **Book in for this and it's an hour of serums** slathered on and sound waves pulsed into your skin - honestly, it's painless - to really target what collagen you have below the surface, helping regenerate your skin and improve moisture levels.

* **Your skin is firmer looking** after just one visit. People will notice something different but won't be sure what it is... your secret's safe with us.

TAKES
10
MINS

The super-sonic hair softener

L'OREAL PROFESSIONNEL
PRO FIBER, £65 FOR THE
TREATMENT AND PRODUCTS

This is genius and will only add an extra ten minutes on to your next appointment, but you'll leave with healthy and smooth hair.

* **Most people's hair is damaged** whether they admit it or not. This new Pro Fiber not only smells amazing, it also repairs tresses to full health.

* **You hair will have a glass-like shine** and feel extra soft. And you get to take that just-stepped-out-of-the-salon look home with you with the aftercare products, with results lasting for six whole weeks!

You must...

...make time for yourself! There are great benefits when you focus on an activity that's just for you. Stress levels are lowered and your mind and body (including hair and nails) have time to recharge

TAKES
60
MINS

The body beautifier

DECLEOR ANTI FATIGUE CITRUS ENERGY BOOST
AROMA WRAP, £60

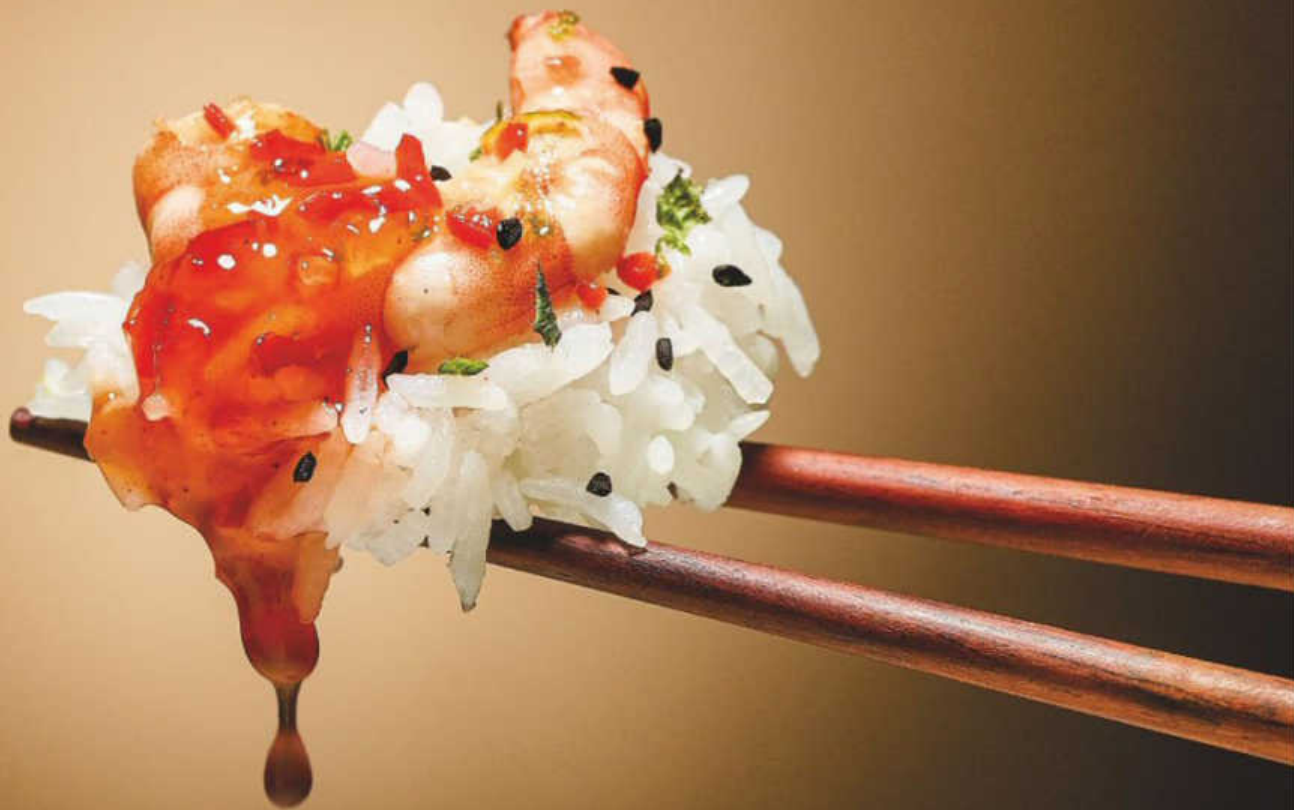
It's time to switch off. Forget your to-do list, turn your phone off and force yourself to make time for this little indulgence.

* **A cocooning full-body treatment**, combining exfoliation, a body mask and a scalp and back massage. Sold already? We don't blame you.

* **Aches and pains simply melt away** as you're revived with stimulating essential oils of lemon, pepper and cypress.

* **Plus, your skin is treated** to the nourishing properties of papaya extract leaving you with satin-smooth skin - you really can't go wrong with this one.

BEEN WATCHING NIGELLA AGAIN? WE'VE GOT A RICE FOR THAT.



You've been drooling at the TV and now it's time to rustle up something tasty for dinner. Our range of Heat and Eat dishes are quick and easy to prepare, leaving you free to plump your prawns to perfection.

For recipe ideas from Pisa to Pattaya visit www.wevegotariceforthat.com





STYLING SAVIOUR
Bagsy Finely Fragranced
Dry Shampoo, £5



MICHAEL KORS

SPARKLE AND SHINE
Nars Dual-Intensity
Eyeshadow in Pasiphae, £21



ZEST IS BEST
Crabtree & Evelyn
Bergamot Eau de
Cologne, £45



FEELING GLOSSY
W7 Nail Polish in
Space Dust, £3.95

Go GREEN

From olive shades to cool khaki tones,
freshen up your beauty bag with
autumn's hottest hues

WOWLASHES
Rimmel Wake Me Up
Mascara, £7.99



SUBTLE SHEEN
Le Couvent Des
Minimes Smile
Lip Balm in
Apple & Pear, £5



GREEN-EYED GIRL
Clinique Chubby
Stick in Mighty
Moss, £17



BATHTIME BLISS
Meacher, Higgins
& Thomas Muscle
Relaxing Bath Soak, £8



DELICIOUS NOTES
Bvlgari Eau Parfumée
au Thé Vert, from £53



DIOR

TOP TOOL
Beauty Blender
Micro Mini,
£13.50

SCRUB UP
Grace Cole Tea Tree
& Witch Hazel
Body Scrub, £4

Never be afraid
to laugh.



TENA Lady Pants with a discreet underwear-like design provide Triple Protection from leaks, odour and moisture to give you confidence, every day. So never be afraid to laugh.

*For your free sample visit TENA.co.uk***



LASHOUT

ULTIMATE LASH KIT

If you thought great eyelashes were just about mascara, it's time to think again... you won't believe your eyes!

Super serum

Beauty starts from within, so get into the habit of applying **RapidLash Eyelash Enhancing Serum, £41**, at night for fuller and healthier lashes in just eight weeks.

Ultimate primer

The easiest way to avoid clumps is to make sure they're evenly fanned out. Give the brush a good wiggle at the base of the lashes to add volume. **Clinique's Lash Building Primer, £13**, conditions, too – and we just love a multi-tasker!

Fabulous falsies

For a subtle volume boost, try out some individual lashes like **Eyelure Pro-Lash, £5.29**. Make sure they sit right on the lash line and don't use more than five on each eye. Or, opt for strip lashes – **Kiss Looks So Natural Lashes, £4.49**, have tapered ends and look super-real, so no one will guess you're faking it!

TOPTIP

Apply **Miss Sporty's Eye Millionaire Water-Resistant Eyeliner, £2.49**, to the waterline of your top lid to give the illusion of fuller lashes.

Curl'em curlers

Hold at the base of clean lashes, then squeeze gently and release. Work your way up your lashes for a wide-awake look. The easy-grip handles on **Lottie London's Lash Curlers, £6.99**, make them a must-have.

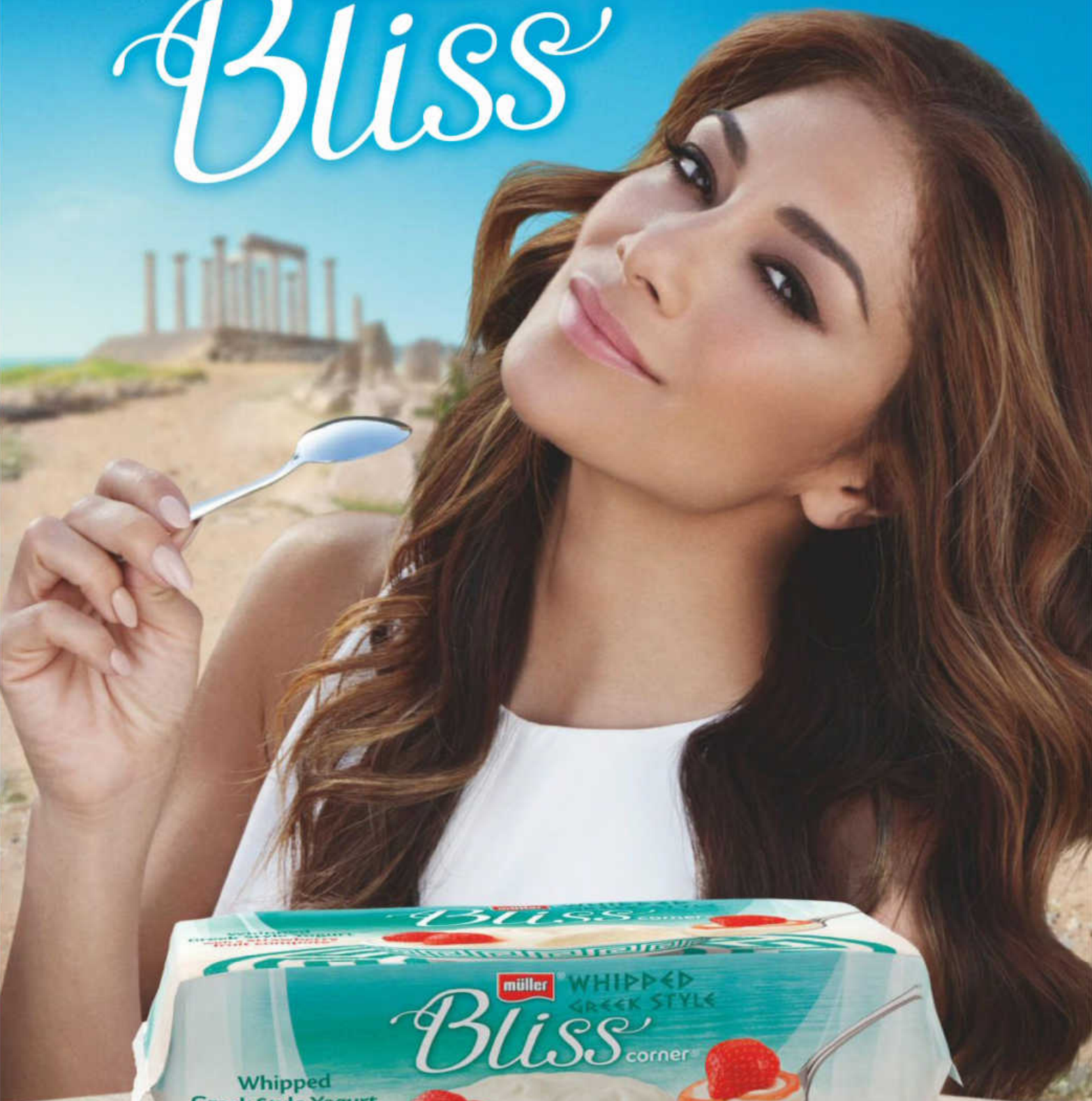
Which wand?

For a full look, pick a dense bristled wand, like **Shiseido Full Lash Volume, £22**, and for real drama, **Maybelline Lash Sensational, £7.99**, as its rubber bristle brush gives a fanned-out effect. If you want to add length and definition, you need a skinny wand, so try **Code Beautiful Code VLM, £19.95**, from thisisbeauty mart.com

New tricks

Invest in a false lash applicator like **Eyelure's, £6.65**, if your fingers aren't delicate enough to do the job properly. It's simple to use, and also avoids risking injury with tweezers!

*So creamy
it's sheer*
Bliss



HOT RIGHT NOW

Our beauty team share their best buys this month

HERO HIGHLIGHTER

Get a gorgeous peachy-bronze glow with Mac Haute Dogs Mineralize Skin Finish in Soft and Gentle, **£24**

BLEND IT LIKE A PRO

Apply powder using the Lottie Kabuki Babe Brush, **£9.50**. Its dense bristles make blending powder effortless

TURN BACK TIME

For a DIY facial, try L'Occitane Divine Cream Mask, **£88** – its anti-ageing ingredients will work wonders... honest!

FRIZZ-FREE

Get silky, shiny hair with Paul Mitchell Pink Out Loud! Super Skinny Serum, **£18.95** – and 55p will go to the CoppaFeel charity

GO FOR GLOSS

OPI Venice Collection Nail Lacquer in Gimme a Lido Kiss, **£12**, is a romantic red with a super-glossy gel finish

PICK UP A PALETTE

Lily Lolo Laid Bare Eye Palette, **£19.99**, is the ultimate compact! Mix subtle nudes and browns with gold glitter to make your eyes pop

THINK PINK

Get dewy skin with Elemis Pink Edition Pro-Radiance Illuminating Flash Balm, **£33** – Elemis will donate £10,000 to Breast Cancer Care this October

BRIGHT EYES

Benefit Air Patrol BB Cream Eyelid Primer, **£21.50**, will soothe dry, delicate skin. Use it under your eyeshadow for make-up that lasts from day to night

KITTY LIPPY

Cat lovers take note, this feline-embossed Paul & Joe Coffee Cherry Lipstick, **£14** (case, **£7**) is a beauty bag staple and will give you a fuller-looking pout

GET CLEARER SKIN

Thanks to skin-loving ingredients, bareMinerals Blemish Remedy Foundation, **£26**, reduces redness and breakouts, plus it controls shine, too

ON-TREND LASHES

Clinique Chubby Lash Fattening Mascara in Portly Plum, **£17.50**, is a subtle purple shade you can wear from day to night



Bring back the good times.

You want to keep enjoying the food and drink you like.

So you should keep brushing twice a day every day with a Sensodyne desensitising toothpaste. And not stop when your sensitivity pain goes away because chances are it will come back. But the good news is, you can help prevent it.



Sensodyne, NovaMin and the rings device are registered trade marks of the GSK group of companies.

N°1 DENTIST RECOMMENDED BRAND FOR SENSITIVE TEETH

GOOD Health

 GoodtoKnow.co.uk



HI THERE!

HEALTH WRITER ANNA MATHESON BRINGS YOU THE LATEST FROM THE WORLD OF WELL-BEING



#TRENDING NOW

Ready, steady, brew! Get your best mugs out because the World's Biggest Coffee Morning is back on Friday 25 September. As it's the event's 25th anniversary, the team at Macmillan Cancer Support are aiming to raise over £25 million to make sure no one has to face cancer alone. You can help by baking a cake, popping on the kettle and inviting a few friends over.



Sign up for your free kit at coffee.macmillan.org.uk and share your snaps with us on [instagram.com/goodtoknow_essentials](https://www.instagram.com/goodtoknow_essentials)



APP OF THE MONTH...

Get Zen in the comfort of your own home with My Pilates Guru (£1.99, Octopus). The most popular Pilates app in the App Store has had an upgrade, and with new step-by-step guides, read-aloud instructions and an option to video your practice, you'll be a Pilates powerhouse in no time.

9/10

PEOPLE ARE AWARE OF THE '5-A-DAY' RULE, BUT LESS THAN A THIRD EAT THE RECOMMENDED AMOUNT OF FRUIT AND VEG!*

3 OF THE BEST...

teeth whitening products
PEARLY WHITES ARE JUST A HOP, SKIP AND A BRUSH AWAY...

BEST FOR SENSITIVE TEETH

Gentle but effective, Sensodyne True White, £7.99, is less abrasive than most whitening toothpastes.



BEST FOR SPEEDY RESULTS

Colgate Max White Expert White, £5.99, contains hydrogen peroxide – a powerful whitening agent. See results in five days.



BEST FOR A TURBO BOOST

For fresher breath and an even whiter smile, rinse with Listerine Advanced White Mouthwash, £9.49.



COP A FEEL!

It's Breast Cancer Awareness Month this October, so it's time to get checking. See your GP if you notice any changes.

Here are the signs to look out for:

- * Change in breast size or shape
- * Discharge from the nipple
- * A lump or thickening feel
- * Rash/redness on or around nipple
- * Change in skin texture, like dimpling
- * Swelling in armpit or around collarbone



For more information, visit goodtoknow.co.uk/wellbeing/breastcancer

Just QUIT!



Dr Linda Papadopoulos
reveals how to ditch
your unhealthy habits for good

Whether it's cigarettes, alcohol, or an addiction to social media, all of us have a vice or unhealthy habit that stands in the way of us being the best possible version of ourselves. Some people say we can't change who we are, but I think we can – certainly when it comes to these patterns we've

fallen into that just aren't working for us any more. It's a matter of ensuring that you control your habit rather than letting it control you. So if you want to kick those vices and feel in control of your health and well-being, try following these steps to a healthier, happier you...

Acknowledge AND FACE UP TO YOUR PROBLEM

The truth is, it's never easy looking at those parts of ourselves that we don't like or that we know deep down aren't good for us, so avoidance becomes a dysfunctional way of addressing the problem. However, in order to move forward, we need to acknowledge that something isn't right, we need to name it and accept that it's impacting our lives, only then can we begin to address it.

Make IT PERSONAL

We know that over-eating or smoking or drinking excessively is generally bad for us, but it isn't enough to understand this on a general level, you need to make it personal. Ask yourself what it is about this behaviour

that is getting in the way of your health, emotional well-being, happiness or relationships. Thinking about alcohol being bad for you in the abstract is just that – abstract. But if you think about the way it makes you feel after a binge when you wake up with a pounding head or how it's the cause of arguments between you and the people you love, then it makes the consequences more tangible. Being able to understand how your vice impacts on your life will help motivate you to change.

Decide TO ACT

Defining a problem is a great first step to change, but at some point you need to move from thinking about it to actually doing something about it. Simply saying things like 'I know I spend way too much time online and not enough time with friends' is pointless unless you follow it up with a commitment to do something about it. Verbalising your intention to change will make it easier to do so – start by making statements such as: 'I spend way too much time online, so I've decided to have Internet-free evenings three times a week, where instead of being online, I go out with friends'.



Swap BAD FOR GOOD

The great thing about habits is that, whether they're good or bad, they are all fuelled by the same thing – consistency and repetition. So make the 'habit' work in your favour by doing the healthy behaviour you want to include in your life regularly and consistently enough so that eventually it becomes second nature, like brushing your teeth in the morning or wearing a seat belt. Think of it like this – if every time you get home from work you

pour yourself a glass of wine, then that's become an automatic behaviour that you associate with winding down and relaxing. If the first thing you do when you come home is change into your gym kit and go for a walk or hit your favourite gym class, it will be that behaviour that becomes automatic and that you seek out as a means to unwind and relax. In the first few weeks, replacing the negative with a positive behaviour will feel contrived, but if you do it often enough it will feel natural and eventually you'll have replaced an unhealthy habit with a positive one.

Be CONCRETE

Set the date when you'll begin to address your habit or vice, then think of how to battle any barriers to success. If you've decided that your vice is physical inactivity, then don't just say I should walk to work on Monday – say I will walk to work on Monday. And, if you think that your conviction on Monday morning won't be as strong, then enlist the help of a friend who knows your plan and will check up on you. Think about anything that will make this new behaviour easy and go for it.



Set REALISTIC GOALS

Think of behaviour change like a ladder – you're starting at the bottom and want to reach that sunny place at the top, so you need to climb confidently and securely. To do this, make sure that the rungs are equally spaced with realistic expectations. If you decide that healthy eating means you'll never eat chocolate again, then you're setting yourself up for disaster. Instead, start by cutting out dessert on certain days or put less sugar in your coffee, and as you get used to this change, move up the ladder to your next step. The more you move up, the more confident you'll become and the easier it'll be to face challenges.



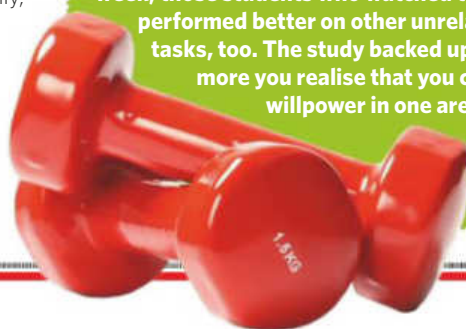
Avoid TEMPTATION

Be aware of who and what's around you. If you're constantly confronted with the thing that you are trying to avoid, then it's going to challenge your willpower. Many people dealing with alcohol or drug addiction use the mantra 'sober people, sober places' and it's an idea that can be applied to other bad habits, too. For example, if you're trying to eat more healthily, keeping junk food out of reach makes it easier to resist. One of the most consistent predictors in determining health behaviours is the behaviour of those closest to you. So, surround yourself with people who have willpower and you're more likely to stick with your plan.



Exercise YOUR WILLPOWER (LITERALLY)

As is the case with most things, the more you practise, the better you get and this is true of willpower, too. Research shows that people who exercise their willpower frequently often have more self-control. In a recent study, one group of students were asked to make a point of having good posture for a week, the other group weren't given this direction. At the end of the week, those students who watched their posture performed better on other unrelated self-control tasks, too. The study backed up the idea that the more you realise that you can exert your willpower in one area of your life, the easier it becomes to exert it in others.





Don't be GYM TIMIDATED!

When the only thing stopping you from working out is your own insecurity, it's time to GET OVER IT

The sweaty nakedness of the changing rooms, the Lycra-clad bodies, the complex exercise machines, the intimidating instructors. Is it any wonder we're so scared of the gym?

We all know that feeling when you finally summon up the willpower to go to a class, only to feel all eyes swivel in your direction. 'They're judging me', 'They think I'm fat', 'They can tell my gear is from Asda', you decide. Is it really any wonder you don't go back when you've just beaten yourself round the head repeatedly with your own insecurities?

The funny thing is that even the most honed gym bunny will likely have thought

exactly the same things about herself at some stage. But what separates the do-ers from the quitters is either built-in self-confidence or simply deciding to persevere.

Lack of confidence

A recent study by Sport England found that two million fewer women than men take part in sport and regularly exercise. 'Most women say they would like to do more,' says Jennie Price, chief executive of Sport England. 'What's stopping them is fear of judgement: whether that's about how they look, whether they're any good at it, or feeling

guilty about spending time on themselves.' It's this very study that lead to the trailblazing This Girl Can campaign. Its brilliantly motivational ads feature real women running, spinning, swimming, you name it, along with inspirational quotes like 'I jiggle therefore I am,' and 'sweating like a pig, feeling like a fox' – words that have struck such a chord, they even launched a T-shirt in June with M&S, and rumour has it that more gear is in the pipeline, so watch this space.

'This Girl Can is a celebration of all the women who are finding the confidence to

exercise: it's an attitude, and a call to action for all women to do the same,' says Jennie.

Mum-of-three Sam Mollaghan, 44, is featured in the ads. 'I used to be more active, but life took over and it fell off the list of priorities. That changed after I went for a run on the spur of the moment with my husband. I was worried about not being good enough, but the feeling when I finished was amazing, so I kept it up.'

Something to be proud of

Paediatric nurse Victoria Curwell, 29, who is shown in the ads sweating in a spin class, agrees. 'Getting red-faced shows your body is working hard and that's something to be proud of, not worry about.'

Still not feeling inspired enough to cast aside your fears? Read on for our top tips.

Take the help that's offered

If you join a gym, take up the offer of the induction process. 'It can be daunting walking into the gym and not knowing what to do,' says personal trainer James Staring of fittolast.co.uk. 'But by taking advantage of the induction you can enter with confidence and purpose. Make sure you ask about which equipment and exercises best suit your goals, and also make sure you understand the answers before you carry on.' They are there to answer your questions, so don't be afraid of asking them (no matter how dumb they may sound in your head!).

SET REALISTIC FITNESS GOALS

'Having a clear objective is an important part of feeling confident while you're working out,' says Rob Hale, head trainer at Fitness First. 'By deciding what you want to achieve ahead of time, you will feel more self-assured.' If you're unsure about what your objective should be, ask a fitness instructor for advice or book in a session with a personal trainer who can help you set realistic health and fitness goals and develop a structured exercise program to achieve them. Yes, one-to-one tuition may cost a bit more, but you'll reach your goals faster in the long run.

BUDDY UP

If you're too scared to go it alone, rope in a friend. It's not just fun, it could make your sessions more effective, too. 'A gym buddy can be a great way to make training more enjoyable as you can push each other to achieve your fitness goals,' says Rob Hale. Can't think of anyone who'd be up for it? Join a class. With an instructor guiding your every step, you'll feel more confident that you're working out properly. Plus, the camaraderie will spur you on to keep pushing yourself harder.

Getting red-faced shows your body is working hard and that's something to be proud of, not worry about

Invest in proper kit

If rocking up to classes in your old sweats is putting you off, it might be time for an upgrade. 'You are making an investment in improving yourself, so by spending a bit more on quality kit, it will boost your confidence each time you exercise,' says James Staring. You don't have to splurge on the latest in wearable technology, just make sure the fabric is comfortable, it fits you well, and makes you feel good when you look in the mirror.

Don't be frightened of the gym bunnies

Remember, everyone started out where you did. 'People aren't experienced after one session,' says James Staring, 'we all need guidance and the more you do, the more you learn.' You might feel like the woman next to you is giving you withering looks, but perhaps she's just worried that you're going to injure yourself by using the equipment incorrectly, so instead of meeting her glances with a death stare, try smiling. 'Often the people who are experienced are the first ones who will offer you assistance,' agrees James. 'All you have to do is ask and nine out of ten times, you'll be met with a smile and some helpful pointers.'

★ Visit thisgirlcan.co.uk for more information about the campaign and how you can get involved or join the conversation on Twitter with the hashtag #thisgirlcan



5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



New* Always Ultra. Up to 100% leak protection.

Stay out till sunrise with new Always Ultra. Its super absorbent core has liquid locking gel, and gel can't leak.

Remember, great stories don't happen when you stay in. Also available in Liners.

clean • dry • fresh
always



*Improved core with more liquid locking gel.

'I just want to be A PROPER MOTHER'



When Sarah Foster, 42, from Lincolnshire, was told she had rheumatoid arthritis, family life became a huge challenge

Although I was in my thirties by the time I became a mum, I still expected to be chasing my children round the garden or jumping on the trampoline with them.

But the reality is different. Some days I've been unable even to lift my children out of the bath.

My son Luke was four months old when I noticed something wrong. My knees were stiff and I was hideously tired, but what new mum isn't? Then, I developed a swollen, hot knuckle on one hand. Blood tests showed it was rheumatoid arthritis (RA) – a life-altering autoimmune disease where the body attacks itself, causing joint swelling, pain and overwhelming fatigue.

The most difficult news was that the chemotherapy-like medication I needed to take is

incompatible with pregnancy and we desperately wanted another child. My consultant wasn't keen to wait, but I put my foot down with the support of my husband Russell.

Luckily, I conceived a couple of months later, but then my condition got much worse. I had constant burning pain in my hands, wrists, knees and feet and I couldn't uncurl my fingers on one hand.

I was determined to be Luke's mum and despite eye-watering agony I'd unscrew his bottles using my knees as a clamp. On bad days, we'd curl up on the sofa and watch DVDs and I'd weep tears of frustration.

After Erynn was born, I held off treatment until she was ten weeks so I could breastfeed her. Then I started taking the drug

methotrexate. It was horrible. I had mouth ulcers, nausea and was in pain. For Erynn's night feeds I'd bump downstairs on my bottom using my forearms to carry her, with her howling because she was hungry and me terrified she'd wake Luke.

Thankfully, both Luke and Erynn put up with their mum's ham-fisted attempts at putting them in car seats or pulling them out of highchairs. But

sometimes I felt so overwhelmed, I'd tip a load of jigsaws on the floor, leave the room and have a good cry.

In March 2010, I was given a new medication that suppresses the immune system. That, and the fact that Erynn was sleeping through the night and they were both going off to school meant I had more time for sleep,

the best way to combat RA. But then, in September 2014, that drug stopped working and my consultant told me we had to find a new treatment.

In March this year I started having an alternative biologic drug injection combined with a chemotherapy-like injection once a week. It takes about six months to start working, so now I'm finally getting back on an even keel and I feel much more positive. Rheumatoid arthritis has its peaks and troughs, but for now this treatment is working, so I'm feeling much brighter. It's all about picking yourself up and readapting.

I used to beat myself up for not being able to play ring-a-roses with Erynn, now 6; for not kicking a football around with Luke, 8. I can't run through the woods with them, but I can take a gentle walk. And I now know that they love me nonetheless.



'Despite eye-watering agony, I'd unscrew Luke's bottles'

WHAT IS RHEUMATOID ARTHRITIS?

- * Rheumatoid arthritis is a long-term autoimmune disease that causes pain, swelling and stiffness in the joints.
- * Hands, feet and wrists are the joints that are most commonly affected, but it can cause problems in other parts of the body.
- * Periods where symptoms become worse

are known as flare-ups. They're not predictable, but can be minimised with treatment including medicines and physiotherapy.

- * For more information, visit the National Rheumatoid Arthritis Society at nras.org.uk.
- * World Arthritis Day falls on 12 October. To get involved, visit worldarthritisday.org.



Sarah, with Luke and Erynn

Can you be **HEAVY** & healthy?

Alice Whitehead sifts the science to discover whether you can be both
shapely and in good shape

When Julie Creffield ran her first marathon in 2010 she couldn't have known the impact it would have on her life – and countless others. The reason? Julie (pictured below) is, as she puts it, no 'swishy pony-tailed, perfect-skinned athlete who always looks good in Lycra'; she's a size 18. But with two marathons and countless other sporting events under her belt, Julie's fitness blog *The Fat Girl's Guide to Running* is now a campaigning

voice for plus-size women who like to keep active. And she's one of a growing number who believe you can be overweight and fit.

'Without a doubt, you can be heavy and healthy,' says Julie. 'In fact, the biggest killer in this country is inactivity. There's so little good fitness advice out there for overweight people that isn't totally focused on losing weight, and we're all made to judge ourselves based on jeans size rather than how healthy or happy we are.'

So should we focus on gaining health rather than losing weight, and is there scientific evidence that people who work out regularly are healthier than lean people who don't? Can we be fat and fit?



THE OBESITY PARADOX

This 'paradox' refers to scientific data that suggests body fat might have protective benefits. The studies in question suggest that people with a higher Body Mass Index (BMI) of 25-34 have significantly lower mortality rates than their 'normal weight' counterparts. And that being physically fit i.e. maintaining cardio fitness and muscle strength, has more positive implications for health than changes in weight.

'The perfect example would be premier league rugby players who carry a lot of excess weight, but are incredibly fit,' says celebrity fitness trainer Matt Roberts, famed for getting the PM into shape. 'A higher percentage of body fat doesn't necessarily give an indication of cardiac health, bone health, muscle mass or fitness.'

Slim cut or booty-cut genes?

Genes also seem to play a role in the plus-size puzzle. A recent study by scientists at the Medical Research Council genetically analysed 75,000 people and found that lean people with a specific genetic variant were at higher risk of developing type 2 diabetes and heart disease, despite their lower body fat.

'Genes are an important factor and it's possible that someone could be structurally bigger, but still have excellent levels of fitness, while a skinny person could simply be lean because of their genetics and not be fit at all,' says physiotherapist and osteopath Tim Allardyce, clinical director at Surrey Physio.

27 is the new 25

A BMI of 25 or below is the healthy Holy Grail, right? Well, not necessarily. Calculated by dividing your weight in kilos, by your height in metres, then by your height again, there's evidence that BMI isn't that accurate. 'It's a very general indicator,' says Tim Allardyce. 'It may not apply to individuals who come in all shapes and sizes.' It's why Brad Pitt and George Clooney have famously been categorised overweight. 'If you carry excess body fat, but have a good muscle mass percentage, you'll be healthier than someone who's overweight with low muscle mass, because muscles sustain a higher metabolic rate and play an important role in bone health and posture,' says Matt Roberts.

WAIST NOT, WANT NOT

In fact, waist or hip size, combined with BMI, could be a better indicator of health – or lack of it. And this doesn't necessarily mean you have to have a 23-inch like Victoria Beckham. Studies suggest that people who are overweight can still be considered 'metabolically healthy' if their waist size is less than 35 inches for women or 40 inches for men, as long as they do not have high blood pressure, high blood sugar or high cholesterol.

EAT FIT TIPS

Expert tips for being healthy even when you're heavy...

* 'Get a good sense of your health by using a body stat machine, which gives body fat percentage as well as muscle mass and hydration levels,' says trainer Matt Roberts.

* 'You're unlikely to wake up one morning and think, "I really fancy going for a run," if you haven't for 35 years, so plug away at being fit – in whatever way that means for you,' says trainer Laura Williams.

* 'Start small, if you can't do 30 minutes – break it up into 10-minute chunks,' says Laurretta Johnnie, director at Full Figured Fitness. 'Try walking 1,000 steps a day and add increments of 300 steps. I started walking on a treadmill for less than five minutes and now teach three one-hour classes a day!'

* 'There are so many barriers for fat women wanting to enjoy running and this is something that must change,' says Julie Creffield. 'Start off slow, learn to love it by finding things that motivate you, and join a group of like-minded runners.'

'There's so little good fitness advice out there for overweight people that isn't totally focused on losing weight'

Don't judge a book by its cover

And when it comes to the risk of early death, being obese might not be as significant as where the fat is located. Many people who diet but don't exercise reach a 'healthy' weight, but could be carrying hidden fat on the inside.

'Visceral fat, which sits around the organs, can cause serious health problems,' says Matt Roberts, but he also suggests

subcutaneous fat, stored under the skin, can be an important health indicator. 'High levels of cortisol, for example, which can lead to other health issues, such as adrenal fatigue and high blood pressure, can cause fat to be stored around the torso in both men and women. People who are highly stressed may find it difficult to be trim in this area.'



GET FIT
in just 7
minutes
a day!

WAKE UP *work out*

Think you've got no time to exercise? Think again... just a few minutes in the morning is all it takes to a fitter, trimmer you

Yes, we know... finding the time to shower and brush your hair in the morning is hard enough, let alone even thinking about trying to squeeze in a workout.

But, what if we told you that seven minutes getting your sweat on is all it takes to make a difference? You don't even have to leave the house – just set your alarm a little earlier and get straight to it. There's no need for fancy gym equipment either; using your body weight as resistance is enough to get you on the fasttrack to a fitter bod.

MORNING GLORY

Working out in the AM is not just an excuse to get it out the way – it could help you get in shape faster, too. 'Exercising in the morning, on an empty stomach, is a great way to burn fat,' says Louise Day, fitness director at Champneys. 'Research shows that fasting (which is essentially what happens overnight as we sleep) leads to increased adrenalin and reduced insulin levels, creating an environment that is more conducive to the breakdown of fat for energy.' That means you'll burn more calories throughout the day, and all those endorphins will put you in a great mood, too.

LUCKY NUMBER 7

While guidelines suggest we should all exercise for at least 150 minutes a week, a third of us admit to managing less than one 30-minute session a month*. Oops. Thankfully, new research says that just seven minutes a few days a week could be enough; and that for each minute you exercise, you could actually lengthen your life by seven minutes**.

HIIT IT

The new buzzword among personal trainers, HIIT stands for High-Intensity Interval Training and describes the brief, but intense, workouts now being recommended. 'The benefits of a quick morning workout massively outweigh the cons of having to get up and finding the willpower,' says celebrity trainer Matt Roberts. 'Even very short bursts of HIIT can be effective in the short term, as it helps to raise metabolism.' And, the higher the intensity of your workout, the more it will help improve heart rate, burn fat and strengthen muscles.

SMILE AS YOU SQUAT

As presenter Charlotte Hawkins reveals on p50, a few squats while you brush your teeth could help you squeeze in more exercise. You usually brush your teeth for two minutes, right? That's at least three rounds of 30 seconds with a ten second gap between each set. Flossing, too? Add in some calf raises: lift up onto tiptoes and then lower back down.

Get clean and lean

The bathroom could be the perfect place for a speedy exercise session – before you get in the shower. Some mums say it's the only space they get to themselves in the morning, so lock the door and use those precious few minutes of peace to get moving. Try the following:

- * 10 bench dips, using the side of the bath
- * 10 push ups, against the wall or with your hands on the edge of the bath
- * 10 jumping jacks
- * Repeat all the above three times

SKIP STARBUCKS

You might feel like death until you get that first caffeine fix in the morning, but using the time it takes for your kettle to boil at home to pop outside and jump some rope will wake you up way more than any espresso could. Skipping burns up to ten calories per minute and strengthens the bum, shoulders, legs and arms, so it's way more productive than waiting in a queue.

Shake your thang

Have your kids got too much energy in the morning? Get them moving and yourself burning those calories by putting on their favourite song and dancing along with them while you wait for your porridge to cook – you'll burn calories and they'll burn off some of that pent up energy. Double whammy.

BURN RUBBER

Make the most of the morning school run and get your upper body into gear. These simple exercises are safe to do if you're stuck in traffic, so put on the handbrake, crank up the radio and get moving!

* **SHOULDER PULSES** Work your upper back by placing your hands on the steering wheel in the 9 and 3 position and pulse your arms up and down while you gently push your chest forward. Try to do at least 50 in a row while breathing in through your nose and out through the mouth.

* **ADVANCED STEP** Try the same exercise, but with your hands at the top of the steering wheel (only if your car's stationary!) or at the bottom of the steering wheel to work the different muscles in your back and arms.

* **QUICK QUAD WORK OUT** Squeeze your quads and pinch you butt cheeks together and then release. Repeat 50 times.

STEP IT UP

Scientists from the University of Roehampton found that climbing five flights of stairs, five times a week, burnt an average of 302 calories if the stairs were taken one at a time. So get to the office a little earlier and sidestep the lift!

SQUEEZE IN SECRET

Some stealth exercises can be done without anyone even knowing (and no, we're not talking about your pelvic floor). Next time you're waiting for the kids or stood at the printer at work, engage your core by trying to reduce the circumference of your waist. Do it each time you remember and it'll soon become a habit – and you'll get a trimmer tum in no time.

Now turn over for the ultimate 7-minute workout

THE ULTIMATE 7-minute workout

Champneys fitness director Louise Day has developed this quick and effective morning exercise routine, especially for *Essentials* readers

The basics Do each stage for 30 seconds with maximum effort, followed by a 10 second rest.

Step ups

WHY? Cardio to strengthen the quads, glutes and calves.

HOW? Find a bench that's about knee height. Place 1 foot on top. Do all step-ups with the other leg without moving your top foot. Drive your knee up as you step up, using arms to help, then change top legs and go again for another 30 seconds.

Sit and stand

WHY? Works leg muscles.

HOW? Find a seat that's about knee height. Stand in front of it and squat down, keeping your heels on the ground and spine straight. Lightly touch down on the seat, then stand up, by pushing up through your legs.

Plank

WHY? Brilliant for core. The idea is to transfer a perfect

standing posture to horizontal. Don't let your hips sag or bum stick up.

HOW? Have your elbows directly under shoulders to take the stress off your upper body. Try balancing on your toes, but if this causes pain in your back, revert to your knees.

Leg pelvic raise

WHY? Great for the bum!

HOW? Lie on your back with hands, palms down, on floor. Bend knees to 90 degrees, with heels 30cm from your bum and feet flat on the floor. Raise your right foot off the ground and hold leg in the air. Push your left heel into the ground, raise hips and push them up as high as you can, clenching your bum as you raise. Slowly lower, lightly touch the ground and then go

again. Change legs and repeat for another 30 seconds.

Skipping

WHY? Fantastic cardio.

HOW? Roll wrists, not forearms. Stay light on feet and up on toes. If you have a weak pelvic floor, step through with one foot instead of jumping.

Superman

WHY? For a strong core. Keep a horizontal, steady torso during this move.

HOW? Get onto hands and knees. Ensure hands are directly below shoulders and knees below hips. Engage core and raise your right arm and left leg off the ground and straighten. Slowly lower back to ground. Change arm and leg and repeat for another 30 seconds.

Core climbers

WHY? It takes the plank to the next level.

HOW? You can do this with your hands on the back of the

sofa (easier) or on the ground (advanced). Assume a stretch posture with body long and straight, chest over hands in front of fingers and a slight downward curve in your body. Brace firmly and draw your left knee in towards your elbow. Lock on your core and obliques and stay solid. Move slowly with control and alternate feet.

Push ups

WHY? Targets chest, arms and core.

HOW? Use the back of a sofa or a table. Be on the balls of your feet, hands just wider than shoulder-width and lower your chest down to the sofa or table, lightly touch, then rise.

Burpees

WHY? Cardio and leg boost.

HOW? Start by standing, drop to a squat with hands on the floor, jump legs back so you're in a press-up position, then jump back into a squat, and then jump up to standing.



Feature Anna Matheson Photography Getty Images; iStock 'Simplyhealthy/YouGov Everyday Health Tracker, YouGov commissioned a survey among its online panel between 12 May and 20 May 2015, drawing on a nationally representative sample of 1,998 UK adults aged 18+.
*American College of Sport's Medicine



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of making the perfect fondant is
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HI THERE!

FOOD EDITOR JENNIFER
BEDLOE SHARES HER BEST
BUYS, CLEVER CHEATS
AND EASY RECIPES

THIS MONTH...

Bake with pumpkin

Simply microwave 400g pumpkin flesh, chopped, for 8 mins on high. Blitz until smooth. Whisk 175ml sunflower oil, 250g light muscovado sugar and 2 eggs, until thick and pale. Fold in 175g self-raising flour, $\frac{3}{4}$ tsp bicarbonate of soda, 2tsp mixed spice and the pumpkin flesh. Pour into a 1-litre ring tin and bake for 50 mins at 180C, gas 4. Decorate with vanilla frosting and crystallised ginger.



#TRENDING NOW...



If you're planning a ghoulish kids' Halloween party then you're going to need spook-tacular bat biscuits and more to keep your host of trick or treaters happy!



You'll find more fang-tastic goodies at goodtoknow.co.uk/halloween

SCHOOL PICK-UP CAN BE A STRESSFUL TIME - KIDS MOAN THEY'RE HUNGRY, BUT A SLICE OF THIS WILL KEEP 'EM QUIET

3 OF THE BEST...

supermarket buys this month

DESSERT QUEEN

Whip up a Green's new Make & Bake pud next time you've got people over. We love these yummy Profiteroles, which are great value at **£2.29** from most supermarkets.



AFFORDABLE FIZZ

Next time you're in Tesco, grab a refreshing bottle of Periseco, **£3.99**. It's really similar to Prosecco, but lower alcohol. Choose from Iced Melon or Cucumber.



TICKLED PINK

Try Alpro Unsweetened Almond Milk, **£1.69**, on your cereal this month and 10% of the cost will be donated to Breast Cancer Care. Pick a carton up at Asda.



WE LOVE...

Feel inspired by *Eating Well Made Easy* by Lorraine Pascale (£20, Harper Collins). You'll love the TV chef's laid-back approach to cooking and eating healthily – including her chocolate pud featuring avocado!



Peel an avocado with no fuss at goodtoknow.co.uk/easyavocado

FAMILY MEALS *in minutes!*

GENIUS
freezer
cheats

No time? Who has! All these dishes can be whipped up and on the table in less than an hour



Ready
in 45
mins

CHEESY SMOKED HADDOCK PIE

SERVES 6
READY IN 45 MINS

400g frozen smoked haddock
Juice 1 lemon
200g frozen spinach
1x350g pack Three Cheese Sauce
600g frozen carrot and
swede mash
50g Gruyère, grated

1 Heat the oven to 180C, gas 4. Put the frozen fish into an ovenproof baking dish and squeeze over the lemon juice. Bake for 10 mins. Pour away any excess liquid that cooks out.

2 Meanwhile, in a pan gently heat the frozen spinach and sauce until well combined and smooth. Pour over the fish.

3 Microwave the vegetables to pack instructions and stir with a fork. Spoon the mash over the fish and sauce, return to the oven for 30 mins until cooked through. Sprinkle the cheese over and grill for 3-4 mins until golden.

209 CALS PER SERVING
9g FAT 5g SAT FAT
9g CARBS



SINGAPORE NOODLES

SERVES 4

READY IN 25 MINS

225g pack Whitby Breaded Scampi

3 nests fine egg noodles

2tsp peanut or sesame oil

1tbsp vegetable oil

3tbsp frozen chopped onion

300g frozen mushrooms

100g frozen sweetcorn

150g frozen stir-fry mix

2tbsp mild curry paste

5tbsp soy sauce

Juice 1 lime

1tbsp frozen coriander

Ready
in 25
mins

1 Heat the oven to 200C, gas 6. Cook the scampi on a lined baking tray for 15-20 mins.

2 Cook the noodles in boiling water for 3 mins, then drain and toss with the peanut or sesame oil. Set aside.

3 Heat the vegetable oil in a wok or sauté pan and cook the onion for a few mins. Add the frozen vegetables and cook for 5 mins. Mix together the curry paste with the soy, lime juice and coriander and pour into the pan. Cook for 1 min, then toss in the noodles and coat well in the sauce.

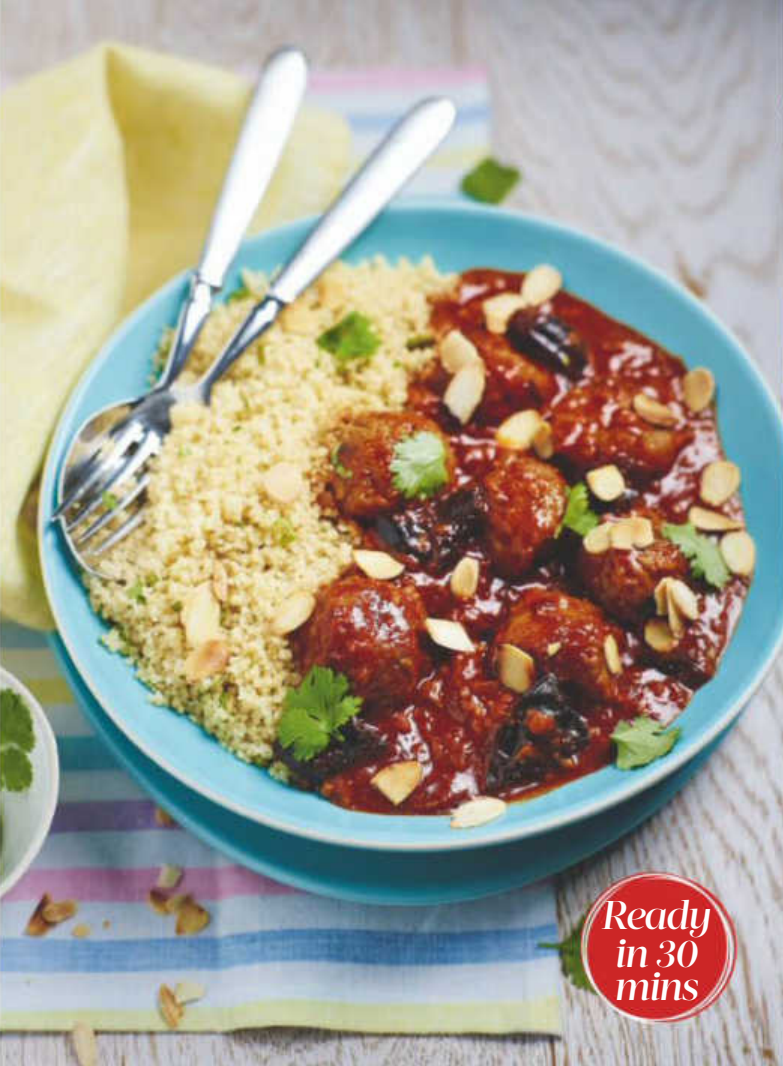
4 Serve the noodles and veg topped with the cooked breaded scampi.

415 CALS PER SERVING

13g FAT 1g SAT FAT

54g CARBS

If you don't like scampi, why not try this recipe using chicken nuggets instead? It works just as well



QUICK QUORN TAGINE

SERVES 4 READY IN 30 MINS

1tbsp vegetable oil
50g frozen diced onion
300g frozen Quorn meatballs
1tsp frozen garlic
1tsp frozen ginger
1tsp each ground cumin, coriander, cinnamon and ras el hanout
2tbsp tomato purée and 2tbsp apricot chutney
6 dried prunes, chopped
400ml hot vegetable stock
3tbsp orange juice
1tbsp pomegranate molasses
Couscous, to serve
Handful fresh coriander
25g flaked almonds, toasted

1 Gently heat the oil in a large, heavy-based saucepan. Add the onion,

Quorn meatballs, garlic and ginger, and cook until the meatballs are lightly coloured.

2 Add the spices and cook until fragrant, then stir through the remaining ingredients. Cover with a lid and simmer for 15-20 mins.

3 Serve with couscous, scattered with the fresh coriander and flaked almonds.

262 CALS PER SERVING 12g FAT 3g SAT FAT 20g CARBS



SEAFOOD PAELLA

SERVES 4 READY IN 25 MINS

160g pack chorizo cubes
2 fat garlic cloves, crushed
Pinch saffron strands, soaked in a little water
1tbsp smoked paprika
1.2kg frozen pea and bean risotto
200g frozen seafood mix
Juice 1 lemon
1tbsp frozen parsley

1 Dry-fry the chorizo until it gives out its oil. Add the garlic, saffron and water and paprika. Cook

for 1 min, then stir in the pea and bean risotto. Cook, stirring, until it defrosts thoroughly and heats through.

2 Next, add the seafood mix, lemon juice and parsley, then season to taste. Continue to cook until everything is piping hot and serve with chunks of crusty bread.

641 CALS PER SERVING 32g FAT 7g SAT FAT 9g CARBS

Save yourself money and work and freeze your own fresh herbs, garlic and ginger, so you're always ready to make fragrant dishes like these



Ready
in 30
mins

BBQ CHICKEN BAGUETTES

SERVES 2 READY IN 30 MINS

6 frozen chicken mini fillets
2tbsp Reggae Reggae BBQ sauce
160g frozen Med veg
8 battered onion rings
1 frozen bake at home baguette
50g garlic butter (e.g. Lurpak)
50g grated cheese
50g fresh green salad leaves

1 Heat the oven to 200C, gas 6. Defrost the chicken fillets in the microwave (around 10 mins), then mix with the BBQ sauce.

2 Bake in the oven for 15 mins. Lay out the Med veg and onion rings on a baking tray and cook from frozen for around 15 mins. Pop the bread in the

oven to thaw and bake through.

3 Divide the bread in half horizontally and top with the garlic butter, chicken, veg and cheese. Pop back in the oven to melt the cheese, then serve with the fresh leaves and the onion rings.

**720 CALS PER SERVING 34g FAT
19g SAT FAT 61g CARBS**



Ready
in 30
mins

CHEESY MASHED POTATO HASH

SERVES 4 READY IN 30 MINS

1tbsp veg oil
700g pack frozen mashed potato
150g frozen cauliflower
150g frozen broccoli
200g frozen roasted root vegetables
8 rashers streaky bacon
200g ball mozzarella, drained and torn
2 Sacla pesto shots
2tbsp pine nuts
Few basil leaves
Handful rocket, to serve

1 Heat the oven to 200C, gas 6. Heat the oil in a large ovenproof pan. Add the frozen mash, stir until softened, then add the rest

of the vegetables. Heat, stirring until defrosted.

2 Dry-fry the bacon in a frying pan until crispy on both sides. Once the mash mix is heated through, arrange the mozzarella, pesto and pine nuts on top and place in the oven to melt. Top with the bacon, basil leaves and rocket, to serve.

602 CALS PER SERVING
41g FAT
15g SAT FAT
30g CARBS

Frozen sofrito mix is a useful item to have in as it's a great speedy cheat for soups, too!



Ready
in 30
mins

CHILLI BEEF & BEANS

SERVES 6 READY IN 30 MINS

1tbsp sunflower oil
150g frozen sofrito mix
500g frozen beef mince
2-3tsp fajita seasoning
390g can chilli bean mix, we used Heinz
200g passata
150ml hot beef stock
6tbsp soured cream
Small bunch coriander
400g frozen spiced potato wedges

1 Heat the oil in a large heavy-based saucepan to a high heat, add the sofrito mix and cook for 4-5 mins until softened. Add the mince and cook for a further 5-6 mins, until broken up and browned.

2 Add the fajita seasoning and cook for 1 min, until fragrant. Stir through the chilli beans, passata and stock. Bring the mixture to a gentle simmer and cook for 5 mins until piping hot and slightly thickened. Serve with a dollop of soured cream, scattered with coriander leaves and with crispy potato wedges.

311 CALS PER SERVING
19g FAT 7.5g SAT FAT
25g CARBS

* More MEAL IDEAS

For lots more recipes, go to goodtoknow.co.uk/freezerrecipes

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Give *The Great British Bake Off* a run for
its money with these chocolatey treats
– and there won't be a soggy bottom in sight!

FREE FROM CELEBRATION CAKE

SERVES 10 READY IN 40 MINS + COOLING

250g Stork Baking Block
225g caster sugar
4 eggs, beaten
225g gluten-free self-raising flour
½tsp xanthan gum
25g cocoa

1 avocado, mashed

For the filling

150g Pure Soya spread
4tbsp icing sugar
2tbsp cocoa
2tbsp raspberry jam

For the ganache

200g dark chocolate
Small can coconut cream

1 Heat the oven to 180C, gas 4. Cream together the Stork and caster sugar until pale and creamy, then slowly add the eggs, little by little. Sift over the flour, xanthan gum and cocoa powder, and fold into the mixture. Stir in the avocado and divide the mixture between 2x20cm round cake tins.

2 Bake for 20-25 mins. Leave to cool in the tins for 10 mins, then turn out onto a wire rack to cool completely.

3 To make the filling, mix together the soya spread, icing sugar and cocoa, and set aside. To make the ganache, melt together the chocolate and coconut cream in a bowl set over a pan of barely simmering water. Once melted, leave to cool until thickened.

4 To assemble, sandwich together the cakes with a layer of raspberry jam topped with the cocoa mixture. Drizzle over the ganache and allow it to drip around the edges of the cake. Decorate with your favourite edible decorations (we used Dr Oetker star wafers).

690 CALS PER SERVING

45g FAT 17g SAT FAT

62g CARBS



Fruity
treat

HOMEMADE JAFFA ORANGE CAKES

MAKES 9 READY IN 30 MINS + SETTING & COOLING

300ml fresh orange juice
2tbsp caster sugar
2 leaves gelatine, soaked in cold water, drained

1 large Adler's flan case

For the glaze

4 leaves gelatine, quartered
90g caster sugar
30g cocoa powder
5tbsp whipping cream

1 Warm the orange juice in a pan with the sugar. Once dissolved, stir in the drained

gelatine. Divide the jelly across a 9-hole silicone muffin tray. Cool, then chill until set.

2 For the glaze: pour 3tbsp water into a bowl, add the gelatine and leave to soak up the water. Next, tip the sugar, cocoa and cream into a pan and add 5tbsp cold water. Stir to make a paste. Keep stirring over a low heat until the sugar dissolves.

Increase the heat and bring to the boil, stirring. Reduce the heat and simmer, then stir until the

mix thickens slightly. Remove from the heat. Add the gelatine, and stir until it melts. Strain into a bowl and leave to cool.

3 To assemble: use a 5cm cutter to stamp out 9 circles from the flan case. Arrange on a wire rack. Put a circle of jelly on to each piece of flan, then spoon over the chocolate glaze and leave to set.

188 CALS PER SERVING

5g FAT 3g SAT FAT

28g CARBS



Perfect
dippers

BEST CHOCCY DIGESTIVES

MAKES 10-12 READY IN 30 MINS + COOLING

350g wholemeal flour
150g cold butter, diced
½tsp bicarbonate of soda
55g dark muscovado sugar
2-3tbsp milk
150g milk chocolate

1 Put the flour and butter into a food processor and blitz until it looks like breadcrumbs.

2 Add the bicarbonate of soda, sugar, ½tsp salt and enough milk to bring it together to form a dough. Flatten into a disc shape, wrap in clingfilm and chill for 30 mins.

3 Heat the oven to 180C, gas 4. Line baking trays

with baking paper. Roll the dough out on a lightly floured surface until 4mm thick. Cut out 10-12 biscuits and arrange on the trays (allow room for the mixture to spread).

4 Bake for 15-18 mins until golden. Cool for 5 mins on the trays, then move to a cooling rack.

5 Melt the chocolate in a bowl set over a pan of simmering water. Dip one side of each biscuit into the chocolate, then leave to set.

458-281 CALS PER SERVING 24-15g FAT 11-9g SAT FAT 37-31g CARBS

Try these biscuits with mint or orange flavoured chocolate for an extra twist



Extra
gooey

STICKY MARSHMALLOW & CHOCOLATE TRAY BAKE

MAKES 16 SLICES READY IN 40 MINS

200g dark chocolate
100g milk chocolate
200g caster sugar
250g butter
4 eggs, beaten
150g plain flour
50g Rice Krispies
1x225g pack marshmallows

1 Heat the oven to 180C, gas 4. In a large pan, gently melt together the dark and milk chocolate, caster sugar and butter.

2 Stir the eggs into the chocolate mixture, then gradually add the plain flour followed by the Rice Krispies. Pour the mixture into a 23x33cm brownie tin, lined with baking paper. Poke the

marshmallows around the tray bake – make sure they are evenly spaced apart.

3 Bake for 25 mins. Leave in the tin to cool completely, then divide into 16 equal squares. Store the tray bake in an airtight box for up to four days.

378 CALS PER SERVING 20g FAT 12g SAT FAT 45g CARBS

*** More EASY BAKES**



For all our tray bakes, go to goodtoknow.co.uk/traybakes

Recipes & food styling Jennifer Bedloe Photography Toby Scott
Prop styling Rachel Jukes



*Kids'
fave*

BAKED SPRINKLE DOUGHNUTS

MAKES 12
READY IN 30 MINS + COOLING

Frylight olive oil spray
50g self-raising flour, plus a pinch
of baking powder
30g cocoa powder
50g caster sugar
50ml milk
1 egg
Knob butter
1tsp vanilla extract
50g milk or white chocolate, melted
Your favourite sprinkles, to decorate

1 Heat the oven to 160C, gas 3. Lightly spray a 12-hole doughnut pan with oil. Sift the flour, baking powder, cocoa and a pinch of salt into a bowl and stir in the sugar. In a jug, whisk together the milk, egg, butter and vanilla extract. Make a well in the flour, pour in the egg mixture and stir.

2 Fill each of the doughnut moulds $\frac{3}{4}$ full with the batter. Bake for 8-10 mins, or until firm and springy to the touch. Leave to cool in the tin for 5 mins.

3 Dip one side of a doughnut into melted chocolate and decorate, before leaving to set on a wire rack.

76 CALS PER SERVING 3g FAT
2g SAT FAT 10g CARBS

Allergy-free

DISHES YOU WILL LOVE

Got kids with food intolerances? Whip up these 'free-from' recipes – no dairy, eggs, peanuts, gluten or shellfish, no problem!

Kids' fave salad



FRESH & SWEET CHICKEN & MANGO SALAD

1 cooked chicken breast (or equivalent amount of leftover roast chicken), chilled and shredded

1 mango, skin removed, stoned and diced

A few very thin slices of red onion

¼ cucumber, cut into small cubes

10 fresh mint leaves, finely sliced

Handful fresh coriander leaves or flat-leaf parsley, chopped

1 little gem lettuce, shredded

Freshly ground black pepper

Juice 1 lime

1tbsp olive oil

SERVES 2 CHILDREN READY IN 10 MINS

1 Combine all the salad ingredients in a bowl and mix together well.

2 Mix the dressing ingredients in another bowl and add to the salad, coating well before serving.

220 CALS PER SERVING 8.5g FAT

1.5g SAT FAT 12g CARBS



Easy
all-in-one

ROASTED COD WITH POTATOES, TOMATO & OLIVES

SERVES 2 CHILDREN READY IN 35 MINS

250g small new potatoes
1tbsp olive oil
12 cherry tomatoes, halved
4 garlic cloves, peeled and left whole
2x60g skinless filleted cod or firm white fish of your choice
8 pitted olives, green or black (buy a full-flavour olive such as Kalamata)
25ml water
Handful fresh basil leaves
Freshly ground black pepper

1 Heat the oven to 220C, gas 7. Put the potatoes in a saucepan, cover them with cold water and bring to a simmer. Cook until they feel just tender, then drain and slice them in half.

2 Put the oil, cherry tomatoes, garlic and potatoes in a deep-sided baking tray and cook in the oven for 10 mins.

3 Remove the tray from the oven and add the fish, olives and the water. Return the tray to the oven and cook for a further 5-10 mins or until the fish is cooked through.

4 Sprinkle with basil leaves and season to taste before serving.

**217 CALS PER SERVING 9g FAT
1.5g SAT FAT 22g CARBS**

HOMEMADE ICE LOLLIES

MAKES 6 LOLLIES READY IN 10 MINS + FREEZING

Orange, Mango & Coconut

1 small fresh mango, peeled and roughly chopped (about 200g flesh)

Juice 1 orange, freshly squeezed

1tsp light or dark soft brown sugar (optional)

4tbsp coconut cream (not coconut milk)

4tbsp coconut cream (not coconut milk)

1tsp soft brown sugar (optional)

1 Blend the fruit and juice using a hand-held blender. For the berries, pass through a sieve to remove seeds.

2 Return to the blender and add the coconut cream and the sugar, if using, then fill your tray of lolly moulds and freeze until set.

109 CALS PER SERVING 7g FAT

6.5g SAT FAT 10g CARBS



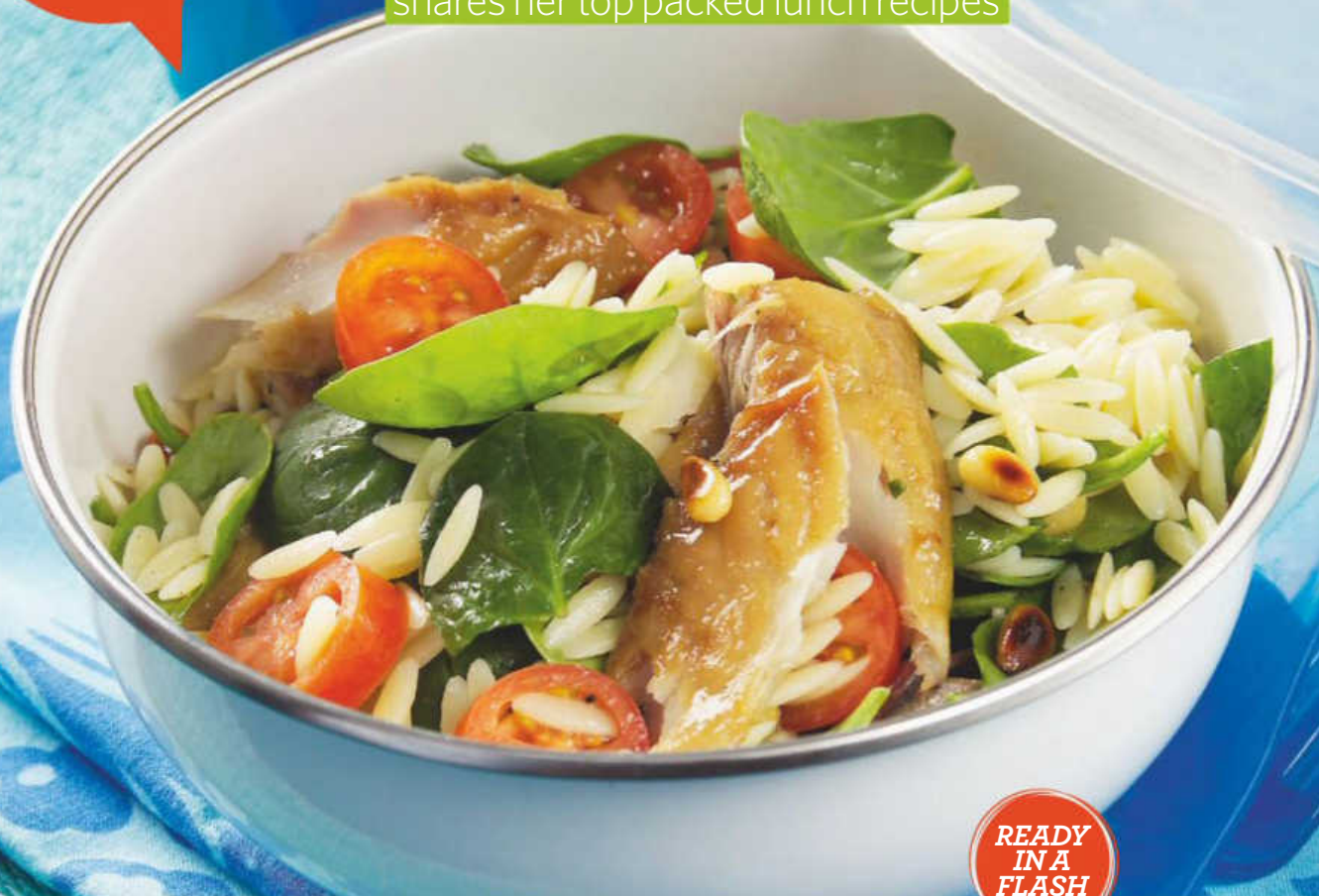
Fab
&
fruity!

FABULOUS

food on the go



Kids Kitchen star and mum of twins, Sarah Barnes
shares her top packed lunch recipes



READY
IN A
FLASH

MACKEREL SALAD **SERVES 2 READY IN 10 MINS**

75g orzo
2tbsp olive oil
Small handful basil leaves
2tbsp toasted pine nuts
Handful baby tomatoes, sliced
Large handful baby spinach
1 fillet smoked mackerel

1 Cook the pasta in boiling lightly salted water for 7-8 mins, until just tender.
2 Drain the pasta well and rinse with cold water until chilled. Spoon into a bowl and stir through the olive oil and

basil. Add the pine nuts, tomatoes and spinach, and toss to combine. Divide between 2 bowls and gently flake over the smoked mackerel.

504 CALS PER SERVING

34g FAT 5g SAT FAT

28g CARBS

CHOCOLATE CHIP COOKIES

MAKES 25 READY IN 35 MINS

150g butter, softened
100g caster sugar
1 free-range egg
200g gluten-free plain flour
40g ground almonds
75g plain chocolate, chopped

1 Heat the oven to 180C, gas 4. Place the butter and sugar in a bowl and beat until light and creamy. Gradually beat in the egg.

2 Stir in the flour, ground almonds and the chopped chocolate and

mix until it forms a stiff dough.

3 Roll tablespoonfuls of the mixture into about 25 balls and place on two baking trays lined with baking paper. Flatten each dough ball slightly, then bake for 15 to 18 mins until just turning golden at the edges.

4 Leave to cool on the trays for 10 mins, then transfer to a cooling rack to cool completely. The cookies will keep for up to a week in a cake tin.

171 CALS PER SERVING 7g FAT 4g SAT FAT 12g CARBS

**SPEEDY
TEATIME
TREAT**



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GOODTOKNOW.CO.UK/KIDSKITCHEN**

**FILL
'EM UP
SNACK**

VEGGIE SAMOSAS

MAKES 18 READY IN 35 MINS

1 onion
400g potatoes
1 carrot
2tsp sunflower oil
125g frozen peas, defrosted
1 green chilli, deseeded and finely chopped
2 garlic cloves, crushed
1tsp cumin seeds, crushed
1tbsp medium curry powder
1tsp black onion seeds, crushed
270g filo pastry
A little milk
Low-cal cooking spray

1 Dice the onion, potatoes and carrot, and fry in the sunflower oil for 5 mins, stirring, until softened.

2 Next, add the peas, green chilli, garlic, cumin seeds, curry powder and black onion seeds, and cook for a further 5 mins. Allow to cool, then season with salt and freshly ground black pepper, adding a pinch more curry powder, if you like.

3 Heat the oven to 220C, gas 7. Cut the filo pastry sheets lengthways into 3 long strips and dab with a little milk.

4 Spoon a little of the vegetable mixture on the end of a strip of filo, fold to form a triangle and keep folding in a triangular motion. Seal the edges with milk. Repeat to make 18 samosas.

5 Put the samosas on a baking tray lined with baking paper. Spray on both sides with low-cal cooking spray. Bake for 15 mins.

76 CALS PER SERVING 0.9g FAT 0.1g SAT FAT 14g CARBS



MAKE
ALL THIS
FOR JUST
£14

IT'S CURRY NIGHT!

Fresh, spicy and oh-so tasty, a homemade feast for less £'s than a takeaway version

MUSHROOM & SPINACH PILAU RICE

SERVES 6 READY IN 30 MINS

3tbsp vegetable oil
1tsp cumin seeds
1 bay leaf
Good pinch turmeric
2 cardamom pods
200g mushrooms, chopped
300g Basmati rice, rinsed
100g spinach
25g toasted flaked almonds

1 Heat the oil in a large sauté pan and fry the cumin seeds for 1 min. Add the bay leaf, turmeric, cardamom and mushrooms, and fry until fragrant.

2 Add the rice and a good pinch of salt and stir. Pour in 600ml boiling water. Bring to the boil, then reduce the heat and cook, loosely covered, until the rice is fluffy and tender (about 15 mins).

3 Add the spinach for the last 5 mins. Fork the rice and scatter over the almonds.

**260 CALS PER SERVING 8.5g FAT
1g SAT FAT 39g CARBS**

ROASTED CAULIFLOWER & CHERRY TOM DHAL

SERVES 6 READY IN 1 HR 15 MINS

250g yellow split peas, rinsed well
2 garlic cloves, crushed
1tbsp freshly grated ginger
1tsp turmeric
2 bay leaves
1 head cauliflower, broken into florets
250g cherry tomatoes
1tbsp vegetable oil
½tsp each cumin seeds and chilli powder
1 onion, sliced

1 To make the dahl, boil 1-litre water and add the split peas, garlic, ginger, turmeric and bay. Return to the boil, skim off any scum, then cover with a lid and simmer for 45 mins-1 hr, stirring now and then, until it thickens.

2 Heat the oven to 200C, gas 6. Toss the cauliflower and tomatoes with the oil, cumin, chilli powder, onion and seasoning on a baking tray. Roast for 20 mins.

3 Check the consistency of the dhal. If it's a bit runny, remove the pan lid and increase the heat to reduce, stirring well.

4 Once the split peas are soft and fairly smooth, season well with salt. Serve in a bowl with the cauliflower spooned on top.

**211 CALS PER SERVING 4g FAT
1g SAT FAT 28g CARBS**



*** Find more CURRY RECIPES**



Love a Ruby Murray? You'll find lots more delicious ideas at goodtoknow.co.uk/curry

QUICK CARROT & GINGER CHUTNEY

SERVES 6 READY IN 5 MINS

2 large carrots, grated
2tbsp desiccated coconut
Fresh root ginger, grated
Juice 1 lime
Few leaves fresh coriander, chopped

1 Simply combine all the ingredients together and serve with the rice.

**51 CALS PER SERVING 3g FAT
3g SAT FAT 3g CARBS**

BUTTER CHICKEN 'MURG MAKHANI'

SERVES 6 READY IN 1 HR + MARINATING

450g boneless and skinless chicken thighs

For the marinade

2tsp garlic paste
2tsp ginger paste
1tsp garam masala
150g pot natural yogurt

For the sauce

1tbsp vegetable oil
1 large onion, sliced
2tsp garlic paste
2tsp ginger paste
1tsp garam masala
¼tsp crushed saffron threads or 1tsp paprika
1 cinnamon stick
500g passata
150ml hot chicken stock
75g butter, melted
50g cashew nut butter
Juice 1 lime
Handful fresh coriander

oil in a large sauté pan and gently cook the onion for 15 mins, or until really dark brown. Add the garlic and ginger pastes and spices, and stir for 1 min. Pour in the passata and stock, and simmer for 20 mins.

3 Heat the grill to medium-high. Put the chicken on a rack set over a foil-lined tray and grill for 10-15 mins, turning, until cooked through. Set aside to rest, then slice.

4 Remove the cinnamon stick, then purée the sauce. Add the melted butter, cashew nut butter and chicken. Season to taste with fresh lime and garnish with fresh coriander.

**308 CALS PER SERVING 21g FAT
9g SAT FAT
9g CARBS**

1 Put the chicken into a plastic food bag with the marinade ingredients and leave for a good hour (or overnight if possible).

2 To make the sauce, heat the vegetable

GOATS' CHEESE & ROCKET FRITTATA

SERVES 4 READY IN 25 MINS

1tbsp Lucy Bee coconut oil
2 red onions, thinly sliced
2 large garlic cloves, crushed
200g rocket
2tbsp chopped parsley
2tbsp sun-dried tomato pesto
6 medium eggs, lightly beaten
75g soft goats' cheese
3tbsp freshly grated Parmesan

1 Preheat the grill on a medium setting. Melt half the coconut oil in a heavy-based pan, then add the onions and sauté over a medium heat until softened.

2 Add the garlic and cook for a further 2 mins, then tip into a large mixing bowl, add the rocket,

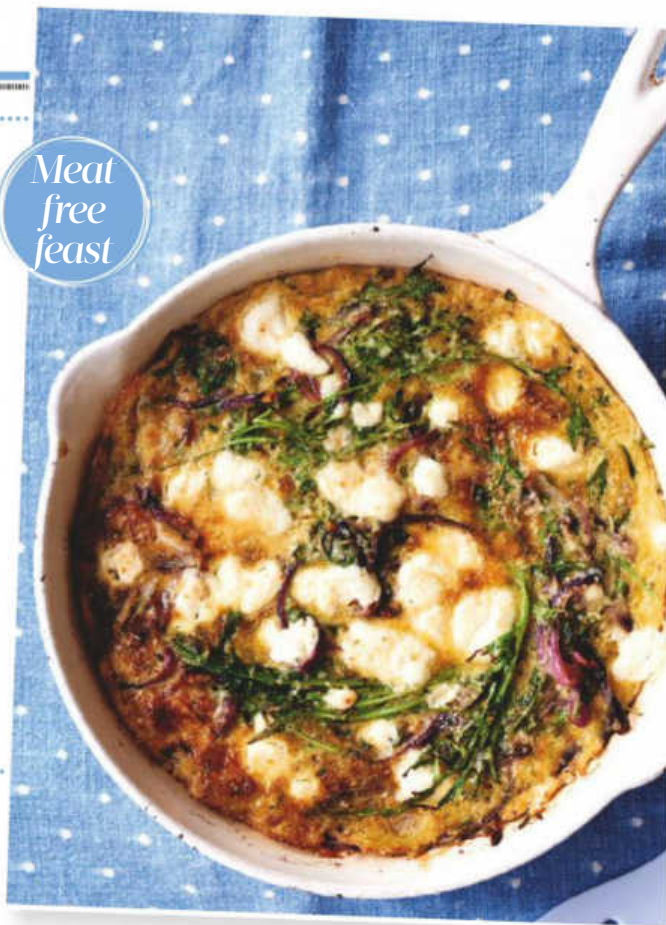
parsley and pesto, mix together then add the beaten eggs and stir to combine.

3 Melt the remaining coconut oil in the frying pan until hot, then pour the egg mixture into the pan and cook for 2-3 mins, or until the mixture just starts to set.

4 Scatter the goats' cheese and Parmesan over the top and cook the frittata for a further 2 mins. Place the pan under a medium hot grill for 3-5 mins, or until the top is golden and bubbling. Leave to stand for 5 mins before cutting into wedges and serving.

316 CALS PER SERVING
23g FAT 10g SAT FAT 5g CARBS

Meat
free
feast



It's all about... COCONUT OIL!

This naturally gluten- and lactose-free fat is having a moment, so whip up one of these dishes today

All day
brekkie



STUFFED MUSHROOMS WITH GARLIC TOMATOES & POACHED EGG

SERVES 2 READY IN 35 MINS

40g quinoa
200ml water or vegetable stock
8 cherry tomatoes, halved
1 garlic clove, finely chopped
1tbsp Lucy Bee coconut oil, melted
Himalayan salt and ground black pepper
4 flat mushrooms, stalks removed
2 medium eggs
Handful baby spinach leaves
Pea shoots or chopped parsley, to garnish

1 Heat the oven to 180C, gas 4. Put the quinoa in a pan of water or vegetable stock and cook until soft, then drain. Put the tomato halves on a baking tray and

sprinkle with garlic, then drizzle over half the coconut oil and season.

2 Put the mushrooms on a separate baking tray and brush with the remaining coconut oil. Bake the tomatoes for 15 mins and the mushrooms for 10 mins.

3 Stuff the cooked mushrooms with the drained quinoa, then return to the oven for 5 mins. Next, poach the eggs.

4 Spread the spinach across each plate, then add the mushrooms. Scatter over the tomatoes, then place a poached egg on the top of each and garnish with pea shoots.

219 CALS PER SERVING 13g FAT 6.5g SAT FAT 13g CARBS

Recipes taken from Coconut Oil: Nature's Perfect Ingredient by Lucy Bee (£15, Quadrille) Photography Rita Osborne

RAINBOW FISH PIE

SERVES 4-6 READY IN 1 HR 30 MINS

300g sweet potatoes, peeled and cut into chunks

50g Lucy Bee coconut oil

200ml milk

2 bay leaves

500g assorted fish, such as cod, haddock and salmon

100g raw prawns, peeled and deveined

40g gluten-free flour

2tsp curry powder or ½tsp ground turmeric (optional)

Bunch parsley, chopped finely

1 Heat the oven to 180C, gas 4. Steam the sweet potatoes for

30 mins until soft. Mash with 10g of the coconut oil and season with salt and pepper, to taste.

2 Warm the milk in a pan, then add the bay leaves and the fish and prawns. Cover and cook for 6 mins for fillets and 4 mins for prawns, until cooked; remove using a slotted spoon.

3 When cool enough to handle, remove the skin and bones from the fish, break up any fillets into smaller pieces and place in a large mixing bowl. Strain the cooking liquid and top up with milk, if necessary, to give 500ml.

4 Melt the remaining coconut oil in a pan over a medium heat. Add the flour and 500ml cooking liquid and cook, stirring, with a whisk, for 8 mins, until thickened.

5 Continue to stir for a further 2 mins. Season to taste, add the curry powder or turmeric if using, and parsley, and mix.

6 Stir the sauce into the fish, then pour the mix into an ovenproof dish. Spread the potato over the fish and bake for 35 mins.

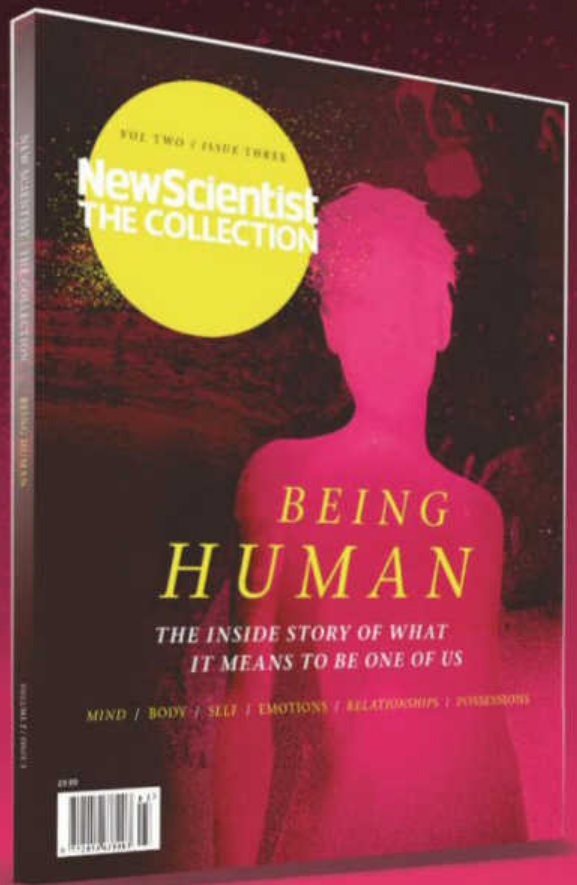
523-348 CALS PER SERVING

30-20g FAT 14-9.5g SAT FAT

34-23g CARBS

Easy
comfort
food

To soften coconut oil, measure the amount needed into an ovenproof dish and put in oven while preheating



THE HANDBOOK OF YOU

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NewScientist

Desert island BAKES

These celebs share the one baked good they would eat for the rest of their sunshine filled, sandy-beach-stranded lives

Photography Getty Images; Rex; Shutterstock



'I'd probably crave a sticky toffee pudding during the colder months. Or, a scone absolutely slathered in butter, clotted cream and blackcurrant jam

with an endless pot of tea!'

John Whaite



'A freshly fried jam doughnut - difficult to take to a desert island, but I love the light crisp outside, the airy dough and the anticipation of sticky jam with each bite. It's pure heaven!' **Gregg Wallace**



'Gateau St Honoré. I love the crunchy puff pastry and caramel-topped choux, and the French custard filling, with

all elements brought together with crème Chantilly.' **Brendan Lynch**



'There's nothing tastier than a homemade pork pie and I would want a regular supply on my desert island'

Rosemary Schrager



'Tarte au Citron - very refreshing on the palate for a hot desert island'

Eric Lanlard



'A really gooey, soft chocolate cake that's somewhere between a pudding and a cake - perfect with a nice cup of tea.'

Lisa Faulkner



For tickets to The Cake & Bake Show, visit thecakeandbakeshow.co.uk

COOK *in style*



Meet interiors expert, Kate Mooney, who reveals the key trends for your kitchen and how to get them for less

INDUSTRIAL CHIC

KATE SAYS, 'This trend mixes raw and organic materials - like rough metals and salvaged woods - for a rich, warm feel.'

Blue lobster dishcloth, £3, Berry Red

Wooden serving board, £12, Next



Jackson pendant light in matte grey, £59, made.com



Knife block, £12, BHS



Alhambra jug, £20, House of Fraser



£5,000
THE AMOUNT OF
MONEY A MODERN
KITCHEN CAN ADD
TO THE VALUE OF
YOUR HOME

Anglepoise pendant, **£175**, oak chopping board, **£15**, fish poacher, **£40**, Jersey Pottery Sardine Run utensil pot, **£20**, and Fruits de Mer oval dish, **£50**, Le Creuset stovetop kettle, **£27**, casserole, from **£120**, and rectangular dish, from **£17.60**, Nkuku Bahima wire basket, **£29.95**, all John Lewis



12-piece Farmhouse Spot dinner set, **£20**, Rise and Shine mugs, **£5** for four, polka dot cake tins, **£7** for three, retro spot bowls, **£4** for two, red wooden salt and pepper mill set, **£9.50**, all George Home at Asda

RETRO REVIVAL

KATE SAYS, 'Use typographic signs to create this style and add simple, bright accessories in primary colours.'

Owl egg cup, **£2.95**,
Dotcomgiftshop

The Pantry wall clock in Citrus Yellow, **£30**, Amara



Large farmhouse tray, **£4**, Wilkinson

Vintage Kellogg's tin box, **£3.99**, Dobbies Garden Centre



Swan vintage stand mixer, **£149**, very.co.uk



PRETTY PASTELS

KATE SAYS, 'Try pairing these delicate tones with different shades of grey as this prevents it from all feeling a bit twee.'



CreamSage 2lb ceramic loaf tin, **£6**, Sainsbury's Home

Classic ivory cake stand, **£19.95**, Dotcomgiftshop

Marble pestle and mortar, **£49**, Oliver Bonas

Tribeca 16-piece cutlery set, **£19.50**, M&S

ColourMatch 4-slice toaster in JellyBean Blue, **£34.99**, Argos

At home with Ashley Thomas ceramic pink ridged mixing bowl, **£20**, Debenhams



Pink bottle, **£9.99**, pink milk jug, **£5.99**, marble chopping board, **£6.99**, green cake tins, from **£3.99** each, marble and wood chopping board, **£7.99**, marble pestle and mortar, **£9.99**, violet casserole pot, **£12.99**, silver top Mason jar, **£4.99**, yellow fruit bowl, **£12.99**, pastel blue jug, **£7.99**, pastel blue ceramic pot, **£19.99**, stripe tea towel, **£4.99**, all Homesense

Feature: Eleanor Jones, Photography: Various, Kate Mooney, Founder of Houseology.com



Provence Collection mug, **£2.99**, teapot **£12.99**, 12-piece dinner set, **£39.99**, and cup and saucer, **£3.99**. Maison Chique white wine glass, **£3.49**, all Dunelm

COUNTRY COOL

KATE SAYS, 'For a relaxed yet sophisticated style, pair marble kitchen accessories with crockery in soft pastels and whites.'



Green milk jug, **£9.99**, Homesense

Jam jar glass, **£3**, Matalan

12-piece watercolour dinner set, **£20**, George Home at Asda

Beech wood chopping board, **£10**, Wilko

Bake lit sign, **£80**, Laura Ashley

Centuries of stains, dirt and grime. What better partner for Cif than English Heritage.

After years of taking the nation's dirty worktops, bathtubs and ovens comfortably in its stride, Cif is ready for a new challenge.

Well, actually it's ready for some very, very old ones. Because Cif is going to help English Heritage to restore some of the country's most treasured historic buildings and monuments.

And it all begins with Cif supporting the task of restoring the Quadriga - the spectacular bronze statue on The Wellington Arch in central London. We can't wait.

You can follow our progress and find out more about how Cif and English Heritage are making England shine at www.cifclean.co.uk



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KITCHENS

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Eltham armchair in Deco velvet, **£749**, Eltham armchair in Lasenby, teal, **£649**, Elliston large sofa in Modici velvet, teal, **£2,099**, Carraway bookcase, **£699**, Conran Kitson coffee table, **£299**, Naples floor light, **£149**, accessories, from **£17.50**, all Marks & Spencer

Gold table, **£49.99**, HomeSense

Opulence chandelier, **£260**, House of Fraser

Wine glasses, **£7** for two, George Home at Asda

Print votive, **£6**, George Home at Asda

Deco beaded cushion, **£40**, House of Fraser

HOLLY FULTON

ART DECO *delights*

'20s flapper chic is back - get the look
with our Gatsby style edit

Style tip
Try pairing your accessories with rich jewel shades for the ultimate luxury look

Heart of House Olivia Art Deco wall mirror in silver, **£49.99**, Argos

Teal matt emulsion, **£41.63** for 5 litres, Ecos

Carraway drinks cabinet, **£599**, Marks & Spencer

Personalised Deco sign, **£8.95**, madewithlove designs.co.uk

Biba candle, **£20**, House of Fraser

Deco floral cushion, **£19.50**, Marks & Spencer

Heart of House Caesar grey pintuck double bedding set, **£29.99**, Argos

New! Christmas Cake-Decorating Day

Learn how to make treats and decorate cakes for Christmas

Join the Knightsbridge PME cake-decorating experts and get involved in a fabulous cake-decorating day on Saturday 17 October. The day is ideal for all abilities and you'll be able to watch easy-to-follow decorating techniques, plus have the chance to try them yourself, too! This will give you plenty of time to practise the techniques before Christmas, so you can wow friends and family. The day will be led by Paula Macleod, who's the Head of School at KPME.



Cake decorator Paula and her team will show you how to create beautiful and fun festive cakes and bakes



10-10.30am

Meet and greet

With tea, coffee and cake

10.30-12.30pm

Christmas Magic with Paula Macleod

Christmas ideas, including cakes, cookies and sugar treats

12.30-2.30pm

Buffet lunch and mini demonstrations:

Christmas Pops

with Gemma Wiseman

Make homemade treats

Painting made Easy with Pauline Moody

Learn how to paint on sugar

Sugar Bells & Marzipan Treats with Janet Smith

Learn to make moulded decorations

Elegant Cupcakes with Tony Warren

Different colour combinations and a touch of lustre to complete the magic

2.30-4.30pm

Make & Take

Decorate your own mini Christmas cake, using the skills demonstrated throughout the day

Additional information

- ❖ We'll email or write to you. This is your ticket to the event (please bring with you on the day). A guest list will be in operation.
- ❖ The day runs 10am-4.30pm.
- ❖ The day will be held at Knightsbridge PME, Riverwalk Business Park, Riverwalk Road, Enfield EN3 7QN.
- ❖ Feel free to make notes. Cameras are allowed, but videoing is not permitted.
- ❖ A buffet lunch is included.
- ❖ Every reader attending will get a goody bag.
- ❖ Attendees will receive a 10% discount to use in the shop on the day.
- ❖ Free car parking is available at the venue.
- ❖ Tickets are allocated on a first-come, first-served basis. *Woman's Weekly* has the right to change the itinerary of the day. Tickets to this event are non-refundable, unless the event is cancelled or postponed.



Cakes may differ from images shown on this page

Call 0800 024 1212* or fill in the coupon



Use The Coupon Payment may be made by cheque (with your name, address on the back of the cheque, please), crossed and made payable to **Woman's Weekly Shop**.



Book By Phone MasterCard, Visa or Maestro cardholders can book the workshop on **0800 024 1212**. *Lines open Monday to Friday, 10am-4pm, but closed bank holidays. Call charges from mobiles and non-BT landlines may vary.

Woman's Weekly Christmas Cake-Decorating Make & Take Workshops

Please complete this coupon, enclosing payment, and send it to: **Woman's Weekly Customer Care, 6th Floor, Blue Fin Building, 110 Southwark Street, London SE1 0SU**

| Event | Price | No of tickets | Total |
|---|----------------|---------------|----------|
| Cake-Decorating Day on Saturday 17 October 2015** | £75 per ticket | | |
| GRAND TOTAL | | | £ |

I enclose a cheque made payable to **Woman's Weekly Shop** (no cash, please) for the sum of £

Woman's Weekly

**Please note, if Saturday 17 October sells out, you'll be offered Sunday 18 October 2015.

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Postcode

Daytime tel no (incl code)

Email address

If you've bought more than one ticket, please give us the names of those attending with you.

Name Name

Name Name



HI THERE!

**CRAFT QUEEN
GEMMA CHANDLER
SHARES THE MAKES
THAT ARE WORTH
YOUR WHILE
THIS MONTH**

MAKE IT easy

GoodtoKnow.co.uk

5 CRAFT FAIR RULES TO GET YOU THINKING

1 DO USE CAUTION

when haggling... Hell hath no fury like a knitter scorned!

2 DON'T THINK

that everyone will get your creativity: 'Yes it's a brooch made out of a safety pin. Obviously.'

3 DO PUSH

for some free samples: 'Ooh I've been needing a new pack of pins for ages...' Hint, hint.

4 DECORUM PLEASE!


Try to resist the urge to outdo the crafter in the class next to you – no one likes a bragger.

5 DO WEAR

something you've crafted yourself. But resist the urge to wear an actual pom-pom on your head – it's just not a good look. Ever.

Countrified style

I love floral prints, they're so versatile and I'll cover what I can with flowers – like my corkboard! (right). So I was pretty excited to hear fabric favourite Laura Ashley has started selling a new crafting range. It has everything from activity kits – like making your own bath melt and knitting a scarf – to haberdashery accessories, and it's all in stores now!

 **Update your files with floral covers to add charm to your workspace – go to goodtoknow.co.uk/floralfabric**



70%

OF THE UK ADMIT
THAT THEY CAN'T
EVEN SEW ON
A BUTTON!

THIS MONTH...

We're going to The Handmade Fair

Kirstie Allsopp and Hobbycraft are at Hampton Court Palace (18-20 Sept) – there will be everything for buying and making crafts, plus skills workshops, expert talks and great food. I'll be first in the queue to hear Annie Sloan share tips in the Super Theatre! Tickets start at £6.

 **For more info on everything handmade, go to goodtoknow.co.uk/handmadefair**



**BAG YOURSELF A BARGAIN BY GETTING
SMALL OFF-CUTS OF FANCY FABRIC ON
EBAY FOR A FRACTION OF THE PRICE!**

**TRIED
TESTED
LOVED!**

This mini-sewing machine is a small saviour at just 23cm high. It's available in nine different shades and at just £49, I might just have to buy two! Mini sewing machine in spearmint, John Lewis.



Rogues GALLERY

Got a budding artist in the family? Here's how to show off their latest masterpiece in style!



TAKES
25
MINS

IN THE FRAME

BRIGHTEN UP A DOOR WITH YOUR LITTLE ONES' ART

* Picture frame templates * Black sticky back plastic * Glue stick

1 Enlarge the templates (go to goodtoknow.co.uk/frame-templates) to your desired size and print on paper.

2 Roll out the sticky back plastic and stick the printed templates to the backing paper. Neatly cut out the frames.

3 Peel off the backing paper and apply the frames to a door or wall, smoothing out any air bubbles. Place the artwork inside each frame with blue tack or pins.

WHERE TO BUY Fablon Sticky Back Plastic in black, £8.99 a roll, Homebase (homebase.co.uk)

TAKES
10
MINS



PICTURE PERFECT

A PROPER CLIP FRAME GIVES YOUR CHILD'S MASTERPIECE A PROFESSIONAL LOOK

* Clip picture frames * White paper * Glue stick * Mini duct tape

1 Take your picture frame and unclip the glass from the backing board.

2 Cover the backing board with paper. Stick your artwork in the centre - make sure it's nice and smooth. Place the glass on top and clip securely.

3 Starting on one side of the frame, neatly apply a length of patterned duct tape along the edge. Take the tape round to the back of the frame and smooth out any bumps. Continue on the other sides of the frame, until all edges are taped.

WHERE TO BUY Glass Clip Frames, from £5.99, Homebase (homebase.co.uk). Ducklings Mini Duct Tape, £1.50 for 4.5m, Hobbycraft (hobbycraft.co.uk)

BLOCK OF ART

BRING CULTURE TO YOUR HOME
WITH THIS STANDALONE GALLERY

* Large cardboard box * Parcel tape
* Grey paint * Blu Tack * Black pen

1 Tape the top and bottom flaps of the box shut. Paint each side with a coat of grey paint and leave to dry.

2 Select the artwork you would like to display and stick it around the sides of the box with Blu Tack. When you're happy with the arrangement, neatly draw black frames around each picture with a pen.

WHERE TO BUY Wardrobe Box, £10.50, The Big Yellow Self Storage Company (bigyellow.co.uk). French Pale Grey Absolute Matt Emulsion, £4 for 60ml, The Little Greene Paint Company (littlegreene.com)

TAKES
50
MINS





TAKES
30
MINS

MAGNETIC APPEAL

CREATE A STYLISH DISPLAY COMPLETE WITH
HOMEMADE POM-POM DRAWING PINS

- ★ Small lightweight frames
- ★ Cork tiles ★ Pencil ★ Craft knife ★ Ruler ★ Magnetic tape
- ★ Small bright pom-poms
- ★ Drawing pins ★ Strong glue

1 Remove the backing board and glass from the frame. Position the backing board on a cork tile, draw round it with a pencil, then cut out with a craft knife. Place the piece of cork and the backing board inside the frame.

2 Measure and cut some short strips of magnetic tape, peel off the backing paper and stick to the back of the frame.

3 Glue the pom-poms to drawing pins and leave to dry completely before pinning your child's artwork to the frames.

WHERE TO BUY Plastic Rococo Frames, £2 each, Wilko (wilko.com). Self-adhesive Flexible Magnetic Tape, £3 for 3m, pom-poms, 50p a pack, both Hobbycraft (hobbycraft.co.uk)

★ **Watch AND LEARN**



We show you how to make your own at goodtoknow.co.uk/boxframes

INSTEAD OF PAPER, YOU COULD USE FABRIC OR WALLPAPER SAMPLES TO LINE YOUR BOX LIDS WITH

CLIP & DISPLAY

KEEP YOUR KIDS' SCHOOL ARTWORK UP-TO-DATE WITH THIS QUICK IDEA... IT'S SO EASY TO DO

★ Clipboards ★ Patterned paper ★ Pencil
★ Scissors ★ Ruler ★ Double-sided tape
★ Picture hanging strips

1 Place the clipboard on a sheet of patterned paper, draw around it and cut out. Measure and cut out a hole for the metal clip section of the clipboard.

2 Cut some strips of double-sided tape and stick along each edge of the clipboard. Peel the backing paper off the tape and neatly stick the patterned paper to the clipboard.

3 Stick some picture hanging strips to the back of the clipboard. Clip your artwork to the board and hang up on a wall.

WHERE TO BUY Stripe clipboard, £1.50, Wilko (wilko.com). Grace Taylor Eclectic Emerald Paper Pad, £9.51, Amazon (amazon.co.uk). 3M Command Picture Hanging Strips, £3.99 for four sets, Homebase (homebase.co.uk). Decadent Decs Honeycomb Balls, £6 for three, Talking Tables (talkingtables.co.uk)

IT'S A SHOE IN

MAKE USE OF ALL THE EMPTY BOXES LEFT OVER FROM BUYING NEW SCHOOL SHOES

★ Different sized shoe box lids ★ Light blue, green and pink paints ★ Ruler
★ Scissors ★ Patterned paper ★ Glue stick ★ Strong glue ★ Pegs ★ Skewer or bradawl ★ String

1 Paint the back, sides and inside edge of the shoe box lids with light blue, green and pink paints and leave to dry completely.

2 Measure and cut some patterned paper backgrounds to fit inside the back of each lid and glue in place.

3 Place the lids together, with sides touching, to create a large

irregular-shaped frame. When you are happy with the arrangement, stick the sides together with strong glue – use pegs to hold in place while the glue dries.

4 Make a hole in the corner of a lid on the left and right hand sides of the frame with a skewer or bradawl. Cut a length of string and thread the ends through the holes. Triple knot to secure and hang on the wall.

WHERE TO BUY Sky Blue, Green Verditer and Pipedream Absolute Matt Emulsion, £4 for 60ml, The Little Greene Paint Company (thelittlegreene.com). A4 decorative paper, £3 for 40 sheets, Tiger (tigerstores.co.uk). Green twine, £2 for 27m, Hobbycraft (hobbycraft.co.uk)

TAKES
50
MINS



TAKES
20
MINS

Watch AND LEARN



Follow our easy step-by-step guide at goodtoknow.co.uk/ribbonframes

YOU COULD ALSO ADD RIBBON TO OLD FRAMES, PAINTED IN BRIGHT PASTEL COLOURS

TAKES
20
MINS

HANG ABOUT

SO EASY TO PERSONALISE, AND QUICK TO SWAP ARTWORK IN AND OUT

* Wooden skirt hangers * Washi tapes in various bright colours * Black self-adhesive alphabet stickers

- 1 Using the alphabet stickers, spell out your child's name on the left-hand side of the hanger.
- 2 Cut out strips of washi tape in different colours and stick around the other end of the hanger, alternating the colours.
- 3 Clip your child's artwork to the hanger, and hang up on hooks.

WHERE TO BUY Avery Large Black Letter Stickers, £1.89, amazon.co.uk. Wooden skirt hangers, £3 for three, Wilko (wilko.com). Expressions Washi Tape, £2.80 per roll, Scotch. 3M Command Clear Mini Hooks, £3.99 for six, Homebase (homebase.co.uk). Yellow Spotty Cup, £15 for four, Not On The High Street (notonthehighstreet.com)

ALL TIED UP

A SIMPLE SATIN BOW ADDS A PRETTY FINISHING TOUCH

* White frames * Pencil * Black card * Scissors * 15mm wide bright satin ribbon * Small bulldog clips * Glue stick * Hot melt glue gun and glue sticks

1 Remove backing board and glass from the frame. Draw around the backing board on a sheet of black card and cut out. Stick the card to the backing board and insert into the frame

2 Cut a 1-metre length of ribbon in half. Using the glue gun, stick one end of each of the lengths of ribbon to the backing

board at the top edge of the frame and leave to dry.

3 Turn the frame over, and stick a small bulldog clip to the black card at the top of the frame's aperture. Leave to dry.

4 Stick some clear hooks to the wall. Tie the ribbon in a neat bow on a hook and clip the artwork to the frame.

WHERE TO BUY Nyttja white frames, from £2.75 for two, Ikea (ikea.co.uk). Satin ribbon, 55p per m, black A4 Card, £1.50 for ten sheets, both Hobbycraft (hobbycraft.co.uk). Document clips, £3.99 for ten, Ryman (ryman.co.uk). 3M Command Clear Mini Hooks, £3.99 for six, Homebase (homebase.co.uk). Flock Of Birds Cushion, £9.99, Dunelm Mill (dunelm.com)

TAKES
10
MINS

CHINESE
RESTAURANT

RUBY

SOPHIE

WILL



TAKES
40
MINS



LEVEL PEGGING

USING RETRO WOODEN PEGS WILL ADD A REAL SENSE OF VINTAGE FLAIR TO THIS WAY OF FRAMING PRECIOUS ARTWORK

* Large frame * White mountboard * Craft knife * Paintbrush * Sky blue paint * White paint * Scissors * String * Pegs

1 Remove the backing board and glass from the frame. Put the backing board on the mountboard, draw around it and trim.

2 Paint the mountboard with sky blue paint and leave to dry completely. Apply some white paint with rounded strokes to create a fluffy cloud effect and leave to dry.

3 Cut a length of string and lay it across the cloudy sky mountboard – don't pull it

too tight. Tape the ends of the string at the back, then place inside the frame. Finish off by pegging your artwork to the string.

WHERE TO BUY Ribba 60x80cm frame, £15, (ikea.co.uk). Daler-Rowney Graduate Mountboard White A1, £3, Hobbycraft (hobbycraft.co.uk). Sky Blue Absolute Matt Emulsion, £4 for 60ml, The Little Greene Paint Company (littlegreene.com). Papermania Denim Blue Twine, £2.50 for 30m, pegs, £3.50 for 20, Docrafts (docrafts.com). Orange Neon Ribbon, £4.95 for 3m, The Makery (themakery.co.uk). Milk Bottle, £2.95, Dotcomgiftshop (dotcomgiftshop.com)



TAKES
30
MINS

THE BIG PICTURE

**CLUSTER FRAME YOUR
MINI-ME'S ARTWORK FOR
EXTRA IMPACT**

* Artwork * Colour printer or
photocopier * Large multi-
aperture frame * Glue stick

1 Scan and reduce your artwork to A6 postcard size using a colour printer or photocopier. Print as many pictures as you require for your frame.

2 Remove the backing board and multi-aperture mountboard from the frame. Lay the mountboard face down on a flat surface.

3 Apply some glue around the edges of the printed pictures, then stick them over each of the holes. Replace the mountboard and backing board in the frame.

WHERE TO BUY Ribba 60x80cm frame, £15, (ikea.co.uk). Decadent Decs Honeycomb Balls, £6 for three, Talking Tables (talkingtables.co.uk)

**A SMALLER VERSION
WOULD MAKE A LOVELY
CHRISTMAS GIFT FOR A
GRANDPARENT**

MAKE IT *easy*

BY THE MAKERS OF **Essentials** MAGAZINE

83
clever ideas for
KIDS

100 *PAGES*
OF FUN
for boys & girls



Busy Kids
Perfect for tots to teens

* **PLUS** FAB MAKES FOR HALLOWEEN & CHRISTMAS



Brilliant ideas
for outdoor fun!



Budget ways
to get crafty!



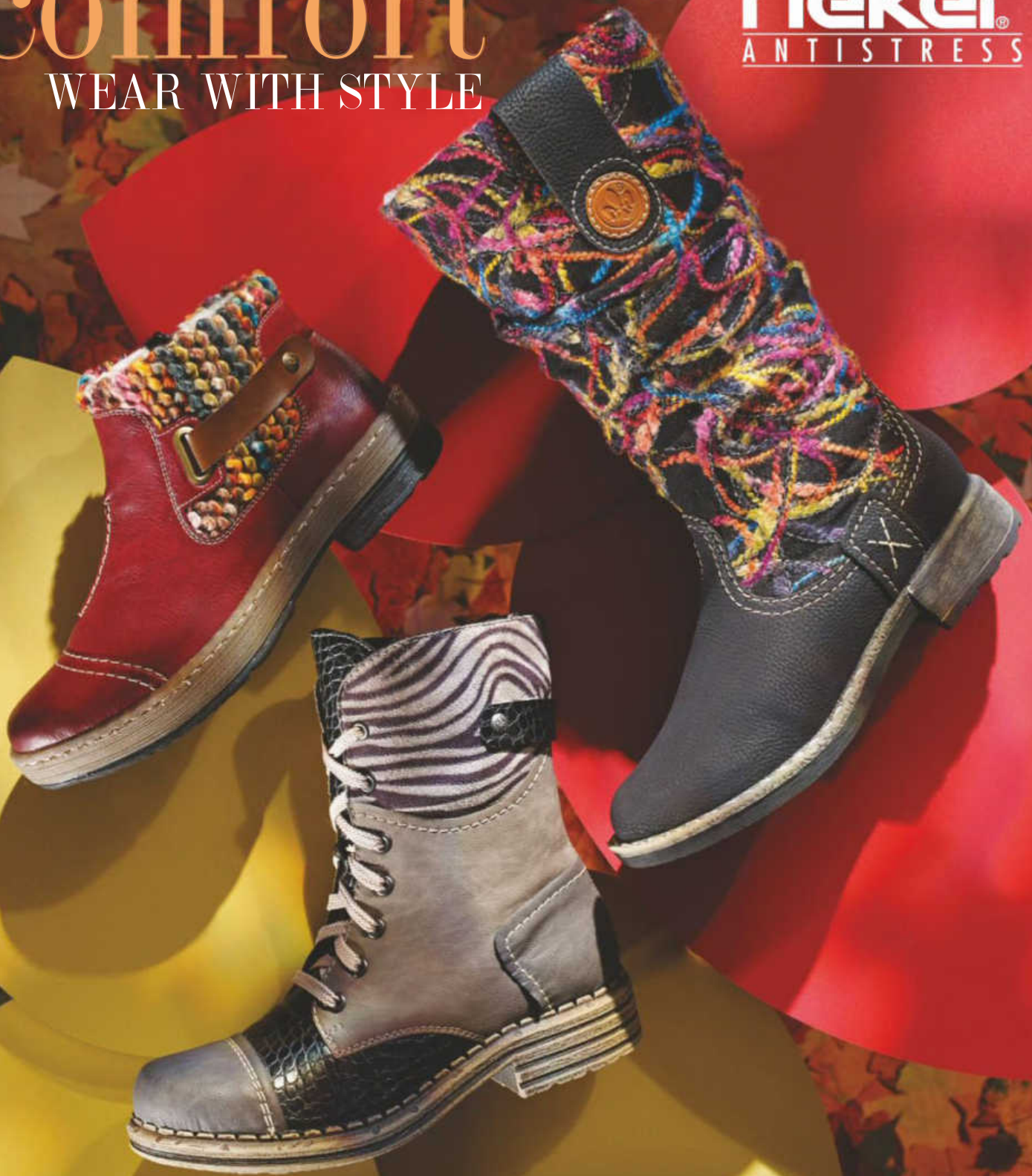
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& CRAFT MAGAZINE

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Falling for AUTUMN

Eco crafts are here to stay so take your inspiration from the leaves for naturally stylish makes

TOP TABLE RUNNER

**BESPOKE TABLE LINEN
IS THIS EASY TO MAKE!**

* Plain white table runner
or napkins * Newspaper
* Masking tape * Clean, dry
leaves * Needle and thread
* Stencil brush * Green
stencil paint

1 Lay the table runner or a napkin on a large flat surface covered with newspaper. Use masking tape to section off the areas you want to paint.

2 Arrange the leaves in each masked area (tacking them in place makes painting easier).

3 Working quickly, stipple the stencil paint inside the masked areas and around the leaf edges.

4 Let the paint dry completely, then remove the tape, tacking thread (if using) and leaves. Follow the manufacturer's instructions for fixing the fabric paint.

WHERE TO BUY Table runner, from £4.99, white linen napkins, £7.99 for four, fabric paint, £2.49, all dunelm.com. Plates and bowls, from £10 each, jug, £39.95, striped napkins, £13 for two, all Nordic House. Jars, £18.95 each, deepuddy.co.uk

TAKES
40
MINS

PRINT IT TOTE

**BRIGHTEN UP A SIMPLE
SHOP-BOUGHT BAG**

* Tote bag * Artist's paint
brush * Fabric paint * Leaf
stamp * Scrap of fabric

- 1 Lay the bag flat and use the paint brush to apply fabric paint to the leaf stamp.
- 2 Starting at the centre of the bag, press the stamp down firmly and lift off cleanly. Continue stamping from the centre outwards until you're happy with the design.
- 3 To get a tonal effect, you could stamp the design using more or less paint, or create a faded look by removing excess paint by stamping on a fabric scrap before you stamp the bag.
- 4 Leave to dry, then fix the paint following the manufacturer's instructions.

WHERE TO BUY Similar canvas tote, £2.99, hobbycraft.co.uk. Summer Leaves stamp, £13.25, bladerubberstamps.co.uk. Fabric paint, £2.49, dunelm.com. Knitted throw, £129.95, nordichouse.co.uk. Mug, £6, notjustjugs.com. Antique key, £4.50, deepuddy.co.uk

TAKES
30
MINS



CREATE A BOLD STATEMENT
AND USE STRIKING GOLDS
WITH BURNT ORANGES
INSTEAD OF FRESH GREENS

SPRIG SCATTER CUSHION

USE A SUNLIGHT-ACTIVATED DYE
TO GET THIS MAGICAL EFFECT

* Plain cushion cover * Sunlight-activated
fabric dye * Piece of firm board * Paint brush
* Table salt * Iron

1 Wash and dry the cushion cover, making sure the fabric is suitable for the dye. Follow the dye manufacturer's instructions to mix the colour.

2 Place a board inside the cover and use a brush to dampen the front so it sticks to the board. Apply the dye using the brush, then quickly press the leaves and stems onto the wet cover so they cling on.

3 Shake salt over the cushion cover, then place outside in the sunlight. Leave until images appear, then remove the leaves and salt, and fix by ironing the fabric according to dye instructions.

WHERE TO BUY Plain cushion cover, £6, Ikea. Lumi Inkodye, £9.67, fredaldous.co.uk. Knitted throw, £129.95, quilted throw, £179, both nordichouse.co.uk

TAKES
60
MINS

LEAFY LAMPSHADE

GIVE YOUR BEDSIDE LAMP A QUICK UPDATE WITH
DELICATE CUT-OUT PAPER LEAF RUBBINGS

* Clean, dry leaf * Thin white paper
* Green wax crayon * Needle and
white thread * Lampshade

1 Lay the white paper over the leaf. Holding the paper in position, rub across the leaf evenly with the wax crayon, so that it picks up the imprint of the raised ribs of the leaf, continuing until the image is complete. Repeat until you have enough leaves to cover the lampshade, then cut them out.

2 Position your first leaf at the centre of the lampshade and attach using a single tiny stitch in the centre. Repeat to attach the rest of the leaves, overlapping and angling them as you go until you are happy with the design.

3 For a different look, use coloured paper or two or more coloured crayons for the leaves.

WHERE TO BUY Wooden lamp base, £12.99, dunelm.com. Lampshade, £12.50, okadirect.com. Glassware, from a selection, deepuddy.co.uk

TAKES
40
MINS





WATER

load of fun!

H₂O is vital – it keeps kids hydrated, healthy and active, but it can be engaging and exciting too, so it's time to drink up and get crafting

All living creatures need water to survive, it is a natural and healthy beverage. Trying to encourage children to drink water will help them get a taste for it, an important first step towards developing lifelong healthy preferences. Parents and primary carers play a very important role in helping children to develop healthy hydration habits and in making sure that they are offered sufficient

amounts of water to stay hydrated during the day. If your little ones are bored of water, add fruity chunks for a natural flavour. Slices of lime, grapefruit or berries add a taste they'll love! It is advised that children aged 4-13 years of age drink 6-8 glasses of fluid a day, as water contributes to the maintenance of normal cognitive function. At least 2 litres of water, from all sources, should be consumed every day, as part of a healthy diet.

Pop small hand-sized bottles into schoolbags in case kids get thirsty, and challenge them to drink water at least eight times in a day, like after school, and during homework time



TAKES
15
MINS

EASY, BREEZY, FANTASTIC

REPEATED DRINKING OF WATER HELPS CHILDREN DEVELOP A TASTE FOR IT

* Patterned gift wrap * Ruler * Pencil * Craft knife * Thin wire * Scissors * Double-sided tape * XL coloured craft sticks * String

1 Measure and cut out a 20x48cm length of paper from a sheet of patterned gift wrap. Score the now oblong piece of paper at 2cm intervals along the length, then fold in an accordion style to form pleats.

2 Bind the middle of the folded paper using a small piece of wire. Snip the ends of the paper into a triangle or scallop shape with scissors.

3 Allow the fan to open out, then add a piece of double-sided tape to each 'end'. Add a craft stick to each of the 'ends' to create handles, then tie these together with a piece of string.

CHEVRON COASTERS

ENCOURAGE CHILDREN TO DRINK FLUIDS WITH THEIR BREAKFAST

* Coaster template (goodtoknow.co.uk/chevroncoaster) * Black, white, yellow and green beads * Square pegboard * Ironing paper * Iron

1 Using the template as a guide, place the picture

beads on the square board in a chevron pattern.

2 When you're happy with the arrangement, place a piece of ironing paper over the beads and iron gently from side to side in a slow, methodical and smooth

movement until the beads heat and begin to fuse.

3 Once the beads have all fused, allow to cool, then carefully peel back the paper and bead coaster from the pegboard, then pour a big glass of water and drink!



TAKES
25
MINS

FUNNY FACE POTS

RESEARCH SHOWS THAT HYDRATED CHILDREN PERFORM BETTER IN SCHOOL

* 3 flower pots * White paint * Paint brush * Pencil * Black paint pen

1 Paint the outside of a flower pot with white paint, leave to dry, then apply a second coat and leave to dry.

2 Draw a face on the side of the pot in pencil and, once you're happy with the outline, fill in with a black paint pen. Leave to dry before popping a plant inside.



TAKES
20
MINS

5

REASONS WE NEED WATER TO LIVE

1 IT'S VITAL

The existence of water, be it raindrops or the vast ocean, is essential for life of every living creature

2 DID YOU KNOW

That water has three different states? It can exist in a solid, liquid and gas form. That's pretty clever!

3 H2-WOAH!

The deepest part of the ocean is 1,580 miles long - it would take a whopping 26 hours to drive that far

4 YOU NEED WATER

Nobody can live more than five days without water intake - DON'T try this at home!

5 IT'S ALL OVER

Water, from lakes to oceans, covers around 70% of the Earth's surface - that's a lot!



*Content sourced from the Natural Hydration Council fact sheet 'Hydration For Children'. For further information see naturalhydrationcouncil.org.uk
**Water contributes to the maintenance of normal cognitive function. At least 2L of water, from all sources, should be consumed per day, as part of a healthy diet.

COOL Kids

GoodtoKnow.co.uk



HI THERE!

ELEANOR JONES ROUNDS
UP ALL THE LATEST
KID-FRIENDLY STUFF

THIS MONTH...

We're buying Cherokee

Remember Tesco's old clothing range, Cherokee? Well they're back in the UK, and now exclusive to Argos. From the classic check shirt to fur-lined leather jackets, the kids pieces are great quality and won't strain the purse strings either. See you at the collection point!

#TRENDING NOW



Fairy doors

These teeny doorways and a few well-placed glitter-dust footprints is all it takes to keep the make-believe magic alive. All together now... I do believe in fairies, I do, I do... My Fairy Door, available from themagicdoorstore.com, £20 each.



£3,000
THE AMOUNT AN
AVERAGE UK PARENT
SAVES A YEAR AFTER
THEIR CHILD
STARTS SCHOOL

3 OF THE BEST...

Back-to-school backpacks for teens



BUNNY BAG

There's enough space for exercise books, PE kit and a lunchbox. Backpack, **£8**, Tiger



FEELING CHIPPER

Well, it's better than eating them! Hashtag chips backpack, **£25**, Paperchase



HIPPY CHIC

So on-trend, they might, for once, look after it. Keoma woven-top handle backpack, **£37**, Accessorize





**TRIED!
TESTED!
LOVED!**

NATURAL, NUTRITIOUS DINNERS... FROM THE FREEZER?

We couldn't believe it either, but mum-of-two Jayne Hynes has cracked it with her new KiddYum range. The child-sized meals are made with natural ingredients, have no added sugar or salt, and include well-loved recipes like cheesy pasta and cottage pie. Our taste testers couldn't get enough. Pick yours up at Sainsbury's, **£2.20**.



CHEATS CORNER

Blowing up balloons can leave you feeling a little, well, deflated, so try this trick: using a funnel, fill a plastic bottle around a third full with white vinegar, then pour a spoonful of baking soda into your balloon. Loop the opening of the balloon over the top of the bottle, let the baking soda fall, and it should inflate before your very eyes – no huffing and puffing involved!

For the full tutorial and more fun party ideas, visit goodtoknow.co.uk/partyhacks

5

IS MUM THERE? PHONE CALLS

Be warned, your older kids **WILL** do this

1 'I'M REALLY POORLY...'

You probably haven't eaten a vegetable in six months, darling.



2 'THE OVEN HERE DOESN'T HEAT UP'

It does. The problem is that I'm not there to switch it on and put food in it for you.

3 'I'VE GOT TONS OF WASHING'

Put it in a washing machine, add detergent, and press the big button that says 'on'. Yes, really.

4 'I'M ON MY FRIEND'S PHONE'

WHY?? What's happened to yours?

5 'HERE'S MY BANK DETAILS'

How much this time...?

For more information visit our budget-savvy guide to university life at goodtoknow.co.uk/goingtouni



3 STEPS TO... LUNCHBOXES THAT ACTUALLY GET EATEN

1 Add some variety

According to our Kids Kitchen blogger Sarah, the key to empty lunchboxes is to offer new treats each day – from wraps, rolls, carrot and cucumber sticks, even mini pots of pasta.

2 Make it balanced

Include a little of each of these: carbs, protein, calcium (from yogurts and cheese), plus fruit and veg, to give them energy for the whole day.

3 Dress it up

Invest in a colourful lunchbox and bright tubs to keep everything in order inside. The nicer it looks, the more likely they are to tuck in.



Head to goodtoknow.co.uk/kidskitchen for more food inspiration for your little ones!

FILM * TV * BOOKS * CULTURE

Essentialist

DING dong!

HOT
RIGHT
NOW

Downton is on its way back and we're hoping these chaps are, too



Irish
charm

ALLEN LEECH

With Hollywood film roles coming the actor's way, we knew it wouldn't be long before we had to say goodbye to Branson, and sure enough he upped sticks for America at the end of the last series. But, thankfully, the Irish charmer has been spotted back on set filming scenes for the new series. Hurray!



Posh
totty

MATTHEW GOODE

Rumour has it that the gorgeous Mr Goode will be returning after appearing in the Christmas special. We hope it's true, as sparks were flying between the mysterious Henry Talbot and the ever-lustful Lady Mary. You may also recognise him from *The Imitation Game*, which he starred in alongside *Downton*'s own Allen Leech.



Lordy,
lordy!

TOM CULLEN

As lovestruck Lord Gillingham, he was used and abused by Lady Mary, but with those brooding good looks, it was never going to be long before he was off the market again. Now that Tony's back with his ex, a romantic reunion between the old childhood friends doesn't look likely, but we're hoping he hangs around a little longer so we get to swoon over the actor in his dapper '20s garb one more time. Lady Mary might not want him, but we'd definitely say yes!

Buried secrets



GOGGLEBOX



FIRST DATES



STRICTLY COME DANCING



DR FOSTER



DR WHO

ON DEMAND



TRUE BLOOD

Quench your thirst for the sexiest vampire show on TV, with all seven seasons now available on Sky Box Sets. It's the perfect excuse to spend your evenings lusting over sexy stars Alexander Skarsgård and Joe Manganiello.



NARCOS

This gritty new ten-part drama from Netflix follows the real-life story of the '80s Colombian cocaine kingpin Pablo Escobar and the collaborative law enforcements' effort to bring him down. Expect beautiful scenery and bloody shoot-outs.



CURB YOUR ENTHUSIASM

It's been four years since the hit American comedy ended, but, lucky for us, all eight seasons have just landed on Amazon Prime. That's 80 episodes we can spend with the hilarious Larry David.

ON THE BOX

Doctor Foster

Scott & Bailey star Suranne Jones stars in this new five-part medical drama as a GP who believes her husband is having an affair. But when she starts to investigate his escapades, her seemingly perfect life is turned upside down. BBC1

First Dates

Finding love in 2015 can be hard, awkward and downright depressing. But when you pair up two singletons and broadcast their first date on national telly, it's comedy gold. The fourth series of the reality dating show sees a whole new group of hopefuls looking for love. Channel 4

Strictly Come Dancing

Get your quickstep at the ready as our favourite autumn reality show returns with Tess and Claudia at the helm. With the celebrity line-up finally confirmed, the stars are all set to take to the floor and perform for the judges. We can't wait for all the glitz, glamour and, of course, Bruno's gags! BBC1

Doctor Who

Peter Capaldi and Jenna Coleman are back for a ninth season of the cult series penned by celebrated *Sherlock* writer Steven Moffat. Brace yourself for more scintillating sci-fun from the Time Lord. BBC1

Gogglebox

A television show about watching television? It'll never work, we said. Oh how wrong we were. The brilliant reality show is back for a sixth series of laughs and tears from our favourite square-eyed families. Channel 4

Unforgotten

Nicola Walker (*Last Tango in Halifax*) and Sanjeev Bhaskar (*The Kumars at No. 42*) star as detectives tasked with re-investigating a cold case, when the bones of a young boy are discovered underneath the foundations of a demolished house. ITV1

FILM * TV * BOOKS * CULTURE

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ON THE BIG SCREEN

Legend 🖱️💰🇬🇧

You get two Tom Hardys for the price of one in this gritty drama about the infamous Kray twins. This isn't just a tale of blood and extreme violence (expect both aplenty), but a close look at the very different personalities of the two brothers, who use power and corruption to get what they want. Out 11 September



LEGEND

Miss You Already 🧨👶👶

When Milly (Toni Collette) is diagnosed with breast cancer, Jess (Drew Barrymore) is tasked with keeping her own life in balance while caring for her friend. A beautiful and realistic tale, released to coincide with Breast Cancer Awareness Month. Out 25 September



MISS YOU ALREADY

Everest ❄️🧊🏔️

Based on the 1996 disaster atop the world's highest mountain, this gripping thriller is a moving tribute to the climbers who lost their lives. Australian actor Jason Clarke puts in a brilliant performance as expedition guide Rob Hall, while Keira Knightley and Jake Gyllenhaal also star. Out 18 September



EVEREST

Aloha 🌴👤👤☀️

Bradley Cooper takes centre stage in Cameron Crowe's rom-com as disgraced US military contractor Gilcrest, who accepts a job at a small military base in Hawaii, where he's paired with peppy fighter pilot Allison (Emma Stone). As sparks begin to fly, Gilcrest seeks advice from first love Rachel McAdams, and Bill Murray pops up in a hilarious cameo. Out 4 September



ALOHA

ON THE TOWN



ELF THE MUSICAL

Girls Aloud's Kimberley Walsh and ITV's *Superstar* winner Ben Forster star in the musical based on the hit film at the Dominion Theatre. From 24 October; elfthemusical.co.uk



JASON BYRNE

The Irish comedian is taking his *20 Years A Clown* tour across the UK from 1 October. He's famous for picking on the crowd, so steer clear of the front row! jasonbyrne.ie



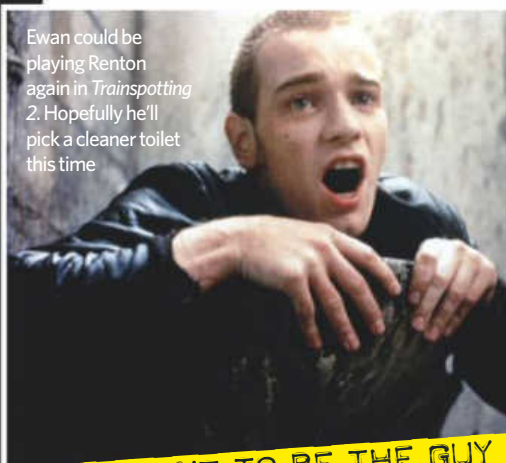
TEXAS

The Scottish pop rockers are celebrating their 25th year and greatest hits album by touring. The UK leg arrives in London on 13 December before heading north; texas.uk.com



LINDA

Kim Cattrall returns to the West End stage from 25 November to play a 55-year-old businesswoman who refuses to be written off by her 'old' age; royalcourttheatre.com



Ewan could be playing Renton again in *Trainspotting 2*. Hopefully he'll pick a cleaner toilet this time

'I DON'T WANT TO BE THE GUY GETTING OUT OF BED CLUTCHING A PILLOW TO HIS DK'**

it's lovely to be able to share the experiences you've had with them.

On his love of motorbikes... I'm someone who gets taken up with something, a new thing, and I run with it for a while and then it disappears. First it was paragliding, then it was flying, then it was something else. Underneath all of it, always, are motorbikes. That's never gone away.

On *Trainspotting 2*... It looks like it might happen. The idea is that we shoot it in 2016, which would be 20 years after the original came out. And I'd be up for it. I wouldn't have been ten years ago, but I am now.

On never wanting to grow up... I still want to kick around on BMX bikes! I have to ask my wife: 'Do I look like a c**k, or is this all right, the way I'm dressed?' Because you don't want to be 'that guy', but you also don't want to listen to that voice either. I want to wear skinny jeans when I'm in my seventies. Why not? Who cares?

On nude scenes... I don't mind doing nudity if it's called for. I love romantic films, and part of that in our modern world is sex. I don't want to be the guy getting out of bed clutching a pillow to his d**k, because people don't do that in real life. If you've just spent three hours making love to a woman in bed, you're not going to be worried about her seeing you when you get up to go to the toilet. At least, I wouldn't be.

*** Ewan stars with Natalie Portman in *Jane Got A Gun*, out 4 September.**

**INSIDE
THE
MIND
OF...**

Ewan McGregor

The Scottish actor on his rock solid marriage, skinny jeans and getting his kit off!

On his wife, Eve... I get asked 'what's the secret to a happy marriage?' a lot, and there's no answer to it without trivialising it. You can't just say 'if you do this or do that, you'll have a great marriage', because it doesn't work like that. There's no secret other than to be in love with the woman you're sharing your life with.

On travelling the world... We're a really active family so, at the end of each of my trips, we try and meet up - it could be South Africa, Japan, Australia or wherever. And our holiday will be to go back along the route I have taken, so the kids can experience what I've been through. When you haven't seen your family for such a long time,

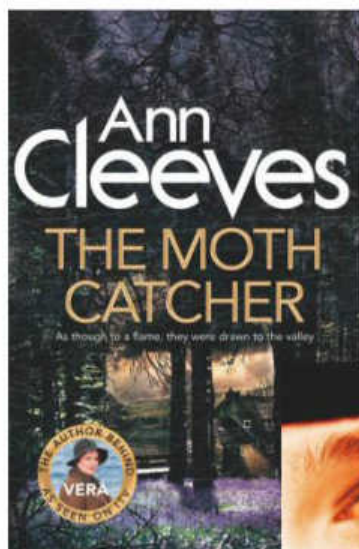
FILM * TV * BOOKS * CULTURE Essentialist

ON THE SHELF

The Moth Catcher

BY ANN CLEEVES (£16.99
PAN MACMILLAN)

DCI Vera Stanhope discovers two murder victims with a strange link – both had a passion for catching moths. The plot thickens as she figures out what's going on in a community that seems to have so much to hide. Another gripping novel in the crime series behind ITV's Vera. Out 10 Sept.



Inside the O'Briens

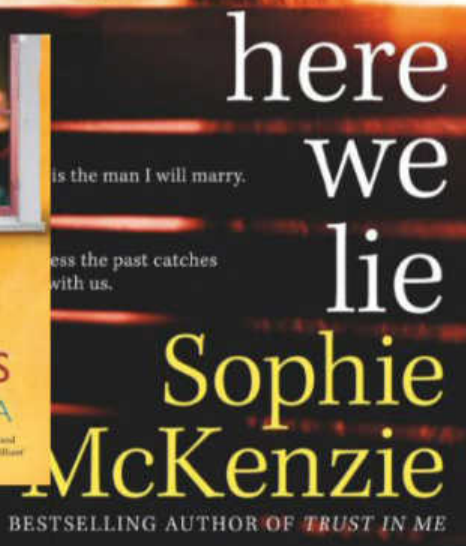
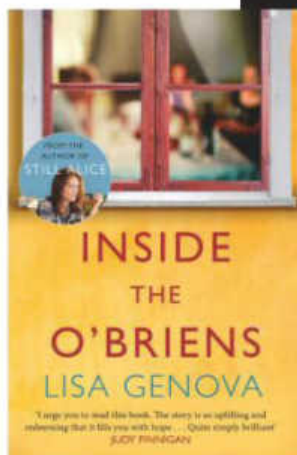
BY LISA GENOVA (£7.99,
SIMON & SCHUSTER)

From the author of *Still Alice* comes this powerful story of a family facing Huntingdon's disease. Reeling from father Joe's diagnosis, the O'Brien children decide whether to be tested to see if they carry the gene. A raw, emotional journey that stays with you. Out 24 Sept.

Here We Lie

BY SOPHIE MCKENZIE
 (£7.99, SIMON &
SCHUSTER)

Emily is engaged to a much older man whose teenage daughter Dee Dee dies in suspicious circumstances. A fast-paced thriller, where Emily finds herself heading up a dangerous investigation into what happened. Out 10 Sept.

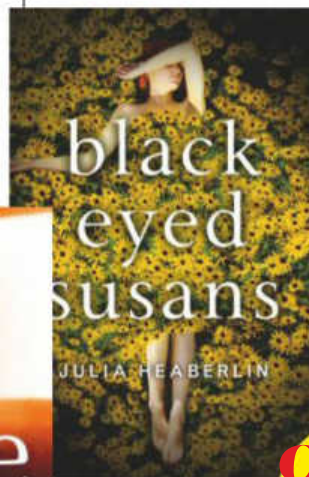


ESSENTIALS BOOK CLUB

READER EMMA
PROWSE REVIEWS
BLACK EYED SUSANS
BY JULIA HEABERLIN
 (£12.99, PENGUIN)



Tessa was 17 when she was found half dead in a grave with the remains of three girls. Her testimony helped put the killer behind bars, but years later, she's not so sure they got the right man. With time running out for the man on death row, Tessa must revisit her past. Exciting and unpredictable, it will keep you guessing all the way.



CELEB WISE WORDS

JULIA ROBERTS
REVEALS THE
NOVEL THAT
CHANGED
HER LIFE...

'William Faulkner's *The Wild Palms* is my favourite classic novel. It's such a beautiful, tragic love story – a book that will just destroy you.'





BERKSHIRE SHOW



GREAT BRITISH FOOD FESTIVAL



AROUND THE WORLD IN 80 DAYS


**KIDS
DAYS
OUT**

Ready, set, fun!

The sun may be gone, but there's still so much you can do

The Great British Food Festival

With local produce, hot food, real ales and kids cookery lessons, this is a real fun foodie family day out! Warwickshire (12-13 September) and Cheshire (19-20 September); greatbritishfoodfestival.com

Bath Children's Literature Festival

With a line-up boasting Julia Donaldson (*The Gruffalo*) and Cressida Cowell (*How To Train Your Dragon*); it's an unmissable event for your own little monsters. 25 September to 4 October; bathfestivals.org.uk

Around The World in 80 Days

Take the little ones globe-trotting from the comfort of your seat at this new stage

adaptation of the classic children's novel. From 26 November to 17 January at London's St James Theatre; stjamestheatre.co.uk

Milkshake! Live Party Party

The interactive show is on tour and features a stellar line-up from Channel 5's children's spot*. Meet Little Princess and Bananas in Pyjamas, and Toby and Dolores from Toby's Travelling Circus. milkshake.tv

The Royal Berkshire Show

Food, crafts, over 2,000 animals and taster sessions of everything from skateboarding to Segways, plus stuntman The Kangaroo Kid, and the Shetland Pony Grand National. From 19 to 20 September; newburyshowground.co.uk

 Find lots more ideas for fun things to do with the kids at goodtoknow.co.uk/days-out

BATH CHILDREN'S FESTIVAL



MILKSHAKE LIVE

*Each show features two Milkshake presenters

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LEONA LEWIS

The *X Factor* graduate has left Simon Cowell to strike out on her own with a new album and a new attitude. After hearing punchy lead single *Fire Under My Feet*, we reckon Leona's definitely made the right choice. Out 11 Sept.



CHVRCHES

The Scottish trio returns with new album *Every Open Eye*, the follow-up to their 2013 top ten hit, *The Bones of What You Believe*. Expect more impossibly catchy tunes you can't get out of your head. Out 25 Sept.



THE LIBERTINES

They're back together for a long-awaited third album. And if their crowd-rousing performances at festivals this summer are anything to go by, *Anthems For Doomed Youth* is sure to be a hit.

OUT NOW

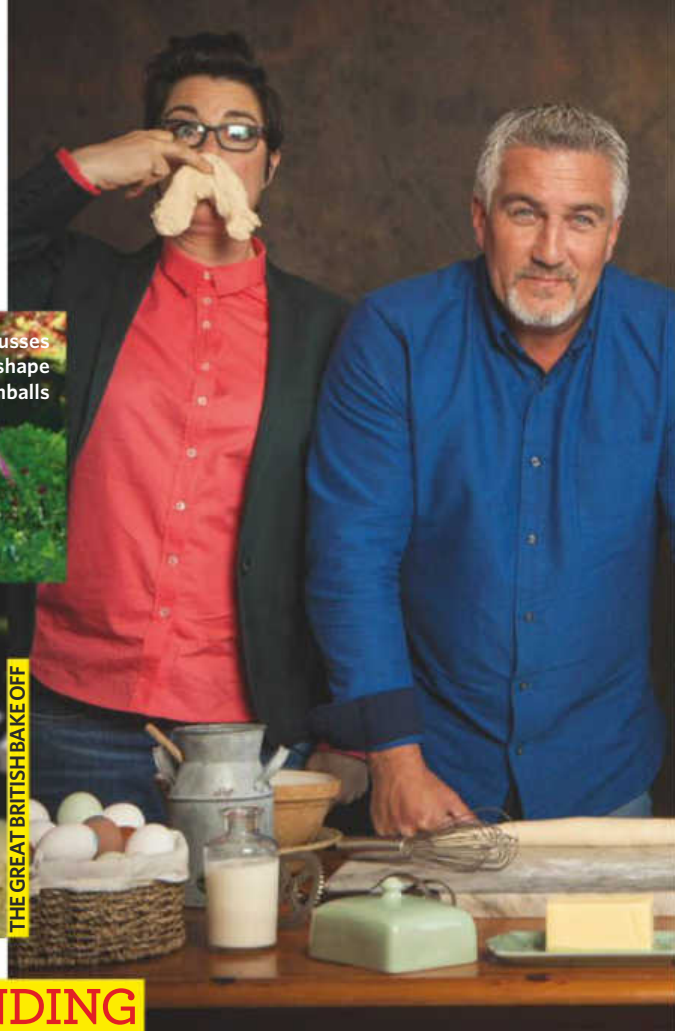


Paul discusses the ideal shape of his doughballs



This cheeky creature gave viewers quite an eyeful!

THE GREAT BRITISH BAKE OFF



#TRENDING

IT'S ALL ABOUT

The Bake Off

It's not the cake we love the most, it's the innuendo. Here's a few of our all-time favourites...

LONG & HARD 'You want something quite rigid, but something that will taste good too,' advised Paul Hollywood in series five. He was talking about 3D biscuit towers... obviously.

FIRM PEAKS 'There it is, looking perfectly stiff,' said Mary, admiring her own handiwork... on egg whites. We're betting Paul won't forget her whisking demonstration in a hurry.

BIG JUGS Mel opened series four with the immortal line, 'Keep an eye on your jugs' – wise words of advice to the newly recruited bakers.

SOGGY BOTTOMS Damp undersides are the curse of bakers everywhere, which is why the phrase 'beware the soggy bottom' is uttered at least once an episode. In fact, it's become so synonymous with the show, there's even a book, *How To Avoid A Soggy Bottom*.

WONKY BALLS 'You need irregular-shaped balls,' explained Paul helpfully to one contestant – talking about pastry, of course. Those baby blues may look innocent, but we have a funny feeling that the master baker knew exactly what he was saying.

INDECENT PROPOSAL 'I'm looking forward to giving you one!' said cheeky contestant Rob Billington to Mary in series two. He was a little overexcited about his favourite judge tasting his bakes.

CHERRY-LICIOUS When contestants were asked to bake Mary's special cherry cake in series five, Sue provided the following instructions: 'You've got two hours to pop Mary's cherry... in the oven, and bring it out again.' Clearly, there was no cherry in Sue's cheek, just her tongue!



Sue's at it again!



Another eyebrow raising quip from Mel



Like butter wouldn't melt... but we're onto you, Mary!



THE IN/OUT LIST

Bond fever; it's not too long now



Daniel Craig – we really wanted Idris!

'The Monster Mac' from McDonald's rumoured secret menu

The Big Mac – oh dear, it's just not looking quite so 'big' any more

Classic rockers Keith Richards, David Bowie and Iron Maiden's new albums



Pop come-backs – sorry Lulu and Lionel we're so over you (again)

Men in suits; make like the *Downton* lads and get dressed properly, boys

Knee-length T-shirts and caps – Bieber is not a style icon for men aged 17+

On-trend weatherproof brogues



Pedicures – why bother?

FRESH MEAT Mary was so impressed when series three winner John Whaite served up a pie stuffed with sausage, cheese and roasted veg, she complimented him on his 'lovely sausage'. Seems even the queen of baking has a naughty side!

SPOTTED DICK 'You can't change [the recipe] too much otherwise it's not a spotted dick any more, it's something else,' explained contestant Christine in series four. 'Yes,' said Sue, 'Otherwise it's just a ginger dick.'

NICE NUTS When Mary said, 'I've got the taste of nuts coming through,' it was comedy gold. Particularly in the wake of squirrel-gate, when a well-endowed squirrel showed the cameraman his 'irregular-shaped balls'.

DAMP SPONGE Even we have to admit that Paul may have crossed a line when he described a bake like this: 'There's a lot of moisture in there. That's why it wets the finger.' Really Paul? Too far. Just too far...

*** Don't miss the next smut-filled episode of *The Great British Bake Off* (Wednesday, BBC One)**

ON THE RADAR



Tweet-star

With *Strictly Come Dancing* just around the corner, we'll be keeping a close eye on @TessDaly's twitter feed to stay up-to-date with all the behind-the-scenes gossip.



Top blog

With gorgeous recipes, eating out reviews, great ideas for days out and honest parenting advice, plus giveaways and comps, amummytoo.co.uk is the perfect place for frazzled mums to pick up some tips – and freebies!



Insta-glam

She might be an Oscar-winning Hollywood star, but she shares inspiring quotes, plus cute dog pics and family snaps with her three beautiful children at @reesewitherspoon. Job and life envy, check!

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GREAT Escapes



goodtoknow_essentials

THIS MONTH...

Fly me kangaroo

Going Down Under hasn't been this affordable in years, thanks to the favourable exchange rate against the Australian and New Zealand dollars. So if you have friends there, now's the time to take them up on that offer they didn't really mean and turn up on their doorstep! Austravel (austravel.com) is offering return flights from Heathrow to Sydney with Singapore Airlines in November. Prices start from £939 per person.



5 TIPS FOR GREAT PHONE SNAPS

- 1 **HOLD IT** firmly with two hands and close to your body.
- 2 **DON'T USE** the zoom, instead get up close and personal for better quality pictures.
- 3 **TAKE LOTS** of varied shots to improve your chances of getting 'the one'.
- 4 **THE LENS** will be dirty from everyday phone use, so wipe with a cloth.
- 5 **TRY OUT** different perspectives and light. The most striking images can be the most unexpected.



FEAST FOR ALL

If it's October, it must be time for **The Great Bath Feast**, a month-long celebration of everything foodie – and drinkie! It's a big hit with celebrity chefs, too – Angela Hartnett, Tom Kerridge and MasterChef 2014 winner, Ping Coombes, a Bath girl herself, will all be there. And at the lighter (but hotter end of the scale) Bath Rugby will be taking on Bath Netball in a thrilling chilli-eating contest. More info from greatbathfeast.co.uk

3 OF THE BEST...

Beauty travel kits Here's our choice of carry-on liquid skincare assets – all within the 100ml rule on cabin luggage. Sorted!



Liz Earle Superskin Try-Me Kit, £37. Packed with potent mini botanical skin-savers to brighten and moisturise skin.



REN Grab and Fly Kit, £20, contains eight miniatures with everything you need to get you through a week away.



The Travel with Elemis Collection, £39.90, contains skincare luxuries to keep you looking healthy and radiant.



IN YOUR DREAMS...

Make that fantasy holiday happen and jet off to a tropical paradise for an adventure you'll remember for ever. We pick the dreamiest destinations

Paradise found for less!

THOUGHT YOU COULD NEVER AFFORD A HOLIDAY OF A LIFETIME IN THE MALDIVES? IT'S TIME TO THINK AGAIN, SAYS PHIL ATTAWAY

Where is it? Off the west coast of India, and around 12 hours of flying time from the UK, The Maldives consists of 1,192 coral islands grouped in a double chain of atolls. A short sea-plane flight from Malé, the capital, to the resort of Atmosphere Kanifushi, takes you over huge expanses of turquoise sea dotted with islands before splashdown in the sparsely populated Lhaviyani Atoll. Just 2km long

and only 90 metres wide, the island is surrounded by a large coral reef.

Why go? Until very recently, paradise came at a price. And a very high one at that. Because everything has to be imported, costs are generally passed on to tourists, and it wasn't unusual to hear tales of £5 just for a bottle of water, while a meal for two – without wine – could set you back £100. But





Recline with a cocktail by the pool, where you can enjoy beach views – without getting sandy!



BEST KEPT SECRET

Not only is this fab resort all inclusive, the main highlight is that you can raid your room's mini bar to your heart's delight! Usually, you'd steer clear of these chilled

and expensive dens of temptation, but as it's refilled twice a day for free, now you can enjoy a cool drink any time without worrying about breaking the bank.

the birth of Atmosphere Kanifushi and a handful of other game-changing resorts has changed all that. Platinum Plus is an all-inclusive holiday plan, so now, instead of eating enough at breakfast to keep you going until dinner, you can indulge yourself in fine dining, snacks and a wide range of drinks almost 24/7.

Where to stay? You'll either be staying in one of the 132 stunning Sunset Beach Villas or Sunset Family Villas towards the south of the island and nearer the restaurants, bars and kids' club. Or, if you're pushing the boat out, further along the shore are the Sunset Junior Suites, offering even more space and fabulous outdoor bathrooms. Then at the far end are the most private and exclusive Sunset Pool Villas, which have walk-in infinity pools. All rooms offer direct access to your very own bit of powder-soft sand and private garden fringed with lush vegetation.

Eating and drinking Spice, the main restaurant, features a variety of buffet options including Middle Eastern, south-east Asian and Mediterranean dishes, plus live cooking stations. You can also book one

complimentary à la carte dinner in the adult-only Sunset restaurant – feast on freshly caught seafood, including lobster, prawns, scallops and calamari.

And don't miss the cocktails – it would be rude not to! One of the best is the exotic Mai Tai, a fabulous concoction of dark rum, apricot brandy, orange juice and grenadine... perfect for watching the sunset while listening to the DJ at The Liquid bar on the beach.

All rooms offer direct access to your very own bit of powder-soft sand and private garden

What to do? If you've always fancied a go at diving, The Maldives is the place to

learn. The PADI school has an Introduction Dive for \$90 (around £60), but your Platinum Plus package includes a whole raft of free activities, including yoga on the beach, volleyball, aqua gym, paddleboarding, tennis, canoeing, windsurfing, snorkelling and use of the gym. And for around £45, you can join the captain on an unforgettable sunset fishing trip. If you fancy heading slightly further afield, try one of the island excursions: a picnic on unspoilt Vavvaru; a historical journey to Kurendhoo island; or pop over to nearby Hinnavaru or Naifaruu.

Now, if all that activity makes you want



After a hard day sunbathing, relax in your open-air bath

to lie down again, book yourself into The Akiri Spa by Mandara. It offers signature body and face treatments and packages – just choose from a combination of massages, traditional body scrubs, herbal steam and facials. The Signature treatment – Mandara Massage – costs around £140. It involves two therapists working together and offers a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Bliss!

NEED TO KNOW

- * **Destinology** (destinology.co.uk) has 7 nights all-inclusive at Atmosphere Kanifushi from £2,459pp, based on two adults and two children staying in a Sunset Beach Villa from 12 October to 13 November 2015. Price includes adult transfers and return economy flights from London Heathrow to Malé with Emirates. Book by 30 September 2015. Child prices start at £719
- * **Visa:** Not required for UK nationals – you just need a return plane ticket
- * **Vaccinations:** None required

Rio? Pah. Make like a local and head to Fortaleza

Be the envy of Instagram with pics of Praia da Lagoinha



Fabulous Fortaleza

COCONUTS, CAIPIRINHAS AND COPIOUS AMOUNTS OF SEAFOOD – ANNA MATHESON COULDN'T WAIT TO DISCOVER BRAZIL'S NORTH EASTERN COAST

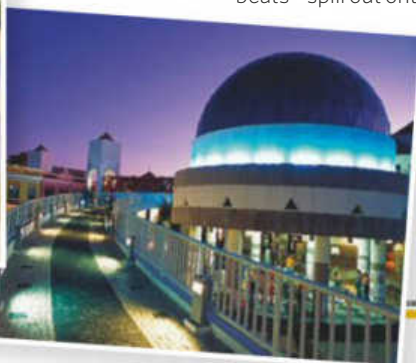
Where is it? Most visitors to Brazil tend to rock up in Rio, but ask a Brazilian where they're off to for their hols and chances are they'll say Fortaleza. The huge country has over 4,650 miles of coastline, but Brazil's fifth largest city, a staggering 1,600 miles north east of Rio, is where those in the know go. And it's not hard to see why.

Why go? Locals refer to Fortaleza as the Miami of Brazil, as its 16 miles of Atlantic coastline is fringed with high-rise buildings. The main attraction is the combination of stunning sandy beaches and a nightlife that packs as much of

a rum punch as anything you'll find in Rio. Praia de Iracema is the hottest beach on the main drag, and definitely the liveliest. By day, you'll find footballers jostling with tightrope walkers for space on the sand and when the sun goes down, the local night market, restaurants and bars truly come alive – and keep going until the small hours of the morning. Praia do Futuro, the city's 'beach of the future' is a favourite with surfers for its rolling waves and *barracas*, rustic beach bars, offering excellent food and drink, and local music.

What to do? By day, the Dragão do Mar art and cultural centre is a cinema and museum showcasing local art. But at night, the area bursts into life as live bands playing *forró* music – a fusion of samba and Asian beats – spill out onto the pavement from neighbouring bars. Taste test Brazil's delicious national drink, caipirinha (kai-pir-in-ya), a blend of cachaça, sugar and lime, served dangerously strong. You have been warned!

Sip a caipirinha sundowner; visit the Dragão do Mar for art and culture



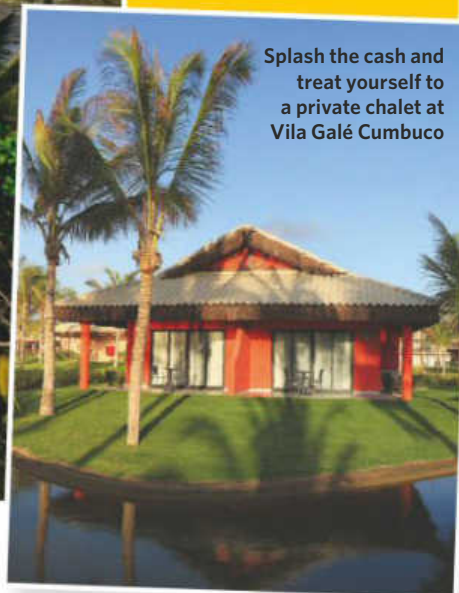
What to buy? Shoppers flock to Mercado Central, a hot, crowded, circular three-storey former car park selling anything and everything in volume. Fortaleza is the birthplace of the hammock, so there's no shortage of those on offer and they do make great presents – although they're not that easy to transport home. At the other end of the size scale, you're in the home of Havaianas flip-flops, which require very little space and are amazingly cheap. The brilliantly crafted leather sandals are also not to be missed, but do haggle with the expert vendors who have a gift of spookily guessing your shoe size just by looking at your feet.

Where to stay? Around 20 miles up the coast from Fortaleza and close to the small fishing village of Cumbuco, Vila Galé is a 300-room all-inclusive resort with its

BEST KEPT SECRET

Get away from the buzz of the busy city beaches and see one of the most beautiful secluded spots by driving 60 miles to Praia da Lagoinha, a massive 15-mile expanse of dark sand and fresh water ponds, culminating in reddish rocks lined with palm trees jutting out into the sea. Never has a car journey been so rewarding – this is the stuff of Instagram dreams, from the fishermen on their rafts to locals walking their donkeys, and there's barely a tourist in sight.

Splash the cash and treat yourself to a private chalet at Vila Galé Cumbuco



NEED TO KNOW

- * Prices at Hotel Vila Galé in Fortaleza start from £50 per room per night on a B&B basis. Prices at Hotel Vila Galé in Cumbuco start from £119 per room per night on an all-inclusive basis. Visit vilagale.com
- * TAP Portugal (tap.com) flies from London Heathrow to Fortaleza seven times a week, from £702 return
- * Visa: Not required for UK nationals, but minimum six months on passport
- * Vaccinations: Ensure boosters are up to date, plus hepatitis A and tetanus

own private beach. A huge hit with families as well as honeymooners – although not necessarily at the same time. The beach itself is famed for perfect kite-surfing conditions, and lessons are available from the hotel.

Further thrills can be had on a dune buggy adventure, where you'll spend the day cruising the nearby sand dunes, stopping off at different locations to sand surf and zip-wire your way into beautiful fresh water lagoons.

Take your pick from four excellent restaurants at the resort, including a poolside BBQ serving fresh fish and steak, plus an à la carte and buffet. There's a swim-up bar for your daily caipirinha fix and

entertainers to keep the kids happy, plus traditional entertainment in the evenings – here's your chance to samba like a true Brazilian! And when relaxation comes

calling, Vila Galé also happens to house the biggest spa in Ceará.

Family thrills can be had on a dune buggy adventure, where you'll also zip-wire into fresh water lagoons

Eating and drinking For the freshest seafood as well as breathtaking views, a trip to Coco Bambu Frutos Du Mar on Iracema beach is a must. For tiny prices (and huge portions) you can

gorge on Brazilian-style tropical dishes, such as mango and prawn curries and mixed seafood paellas, while sitting back and watching the waves.



Magical Mauritius

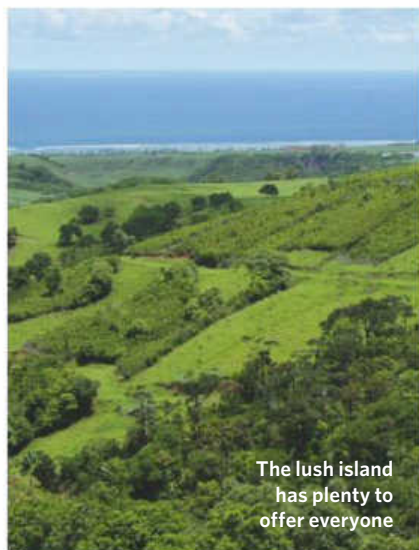
WHITE BEACHES, SOOTHING SPAS AND WATER SPORTS - SARAH ALLARD FOUND A FORMER SUGAR PLANTATION MIGHT BE THE SWEETEST PLACE ON EARTH

Where is it? Around 1,200 miles off the coast of Africa, and a 12-hour flight from the UK, Mauritius sits alongside sister island Réunion way out in the middle of the Indian Ocean.

Why go? It's always had a brilliant reputation for beaches, but there's a great deal more to Mauritius than sun, sea and sand. Down in the south-west of the island, Heritage Resorts has set up home at Domaine de Bel Ombre, a vast former sugar plantation where the staff genuinely seem delighted to meet you. Mind you, the minute

you arrive, you can see why there are so many smiley faces. Miles of beautiful beach are met by a perfectly clear lagoon, there's the enchanting Frédéric Nature Reserve and more water sports and activities than you could ever hope to try out in one holiday, plus two luxury spas and mouthwatering local and international cuisine.

What to do? Try your hand at the many watersports on offer at the resort's C Beach Club, many of which are included in your holiday package, such as windsurfing, kayaking, snorkelling and water-skiing. For



The lush island has plenty to offer everyone

Photography 4Corners, Robert Harding, Getty Images
Note Prices are correct at time of going to press

an additional fee you can even go dolphin watching and kite surfing (for the fearless!). Wellness is a huge focus here – from yoga and t'ai chi to bike tours and tennis. Golfers will be blown away by the 18-hole championship golf course, while those looking for something less physical will revel in the two Seven Colours Spas. Try the tension-relieving jet-lag massage on arrival, and the warm coco milk foot bath after an afternoon exploring the nature reserve.

A Jeep tour is the easy and comfortable way to see the native deer and parakeets of Domaine de Bel Ombre's 3,000 acre Frédérica Nature Reserve. Find the secret waterfall, try raw sugar cane and spot pineapples growing in bushes! Or, to make it more adventurous, have a go at quad biking or a guided Segway tour.

Where to stay? There are three charming properties to choose from at Domaine de Bel Ombre: Le Telfair, an elegant colonial style hotel; Awali, an enchanting all-inclusive hotel with African décor; or the unadulterated luxury of The Villas. It's not easy to please couples and families alike, but the resort goes above and beyond to cater to everyone's needs. While you relax, children of all ages can be kept entertained with various clubs, which offer everything from tennis and volleyball tournaments to cookery classes.

Eating and drinking Not many resorts can promise a different eating establishment for every meal of your stay, but between the three properties you'll have a staggering 12 to choose from, covering just about every cuisine you can imagine.

Fans of Japanese food should head to Le Telfair's Gin'Ja for sushi and teppanyaki, while Awali's Indian-inspired Zafarani is sensational (order the Malabar prawn masala – the prawns are the size of saucers!). Or, for real wow factor, dine in style at the romantic Le Château de Bel Ombre,

an 1800s colonial French mansion.

Activity highlight

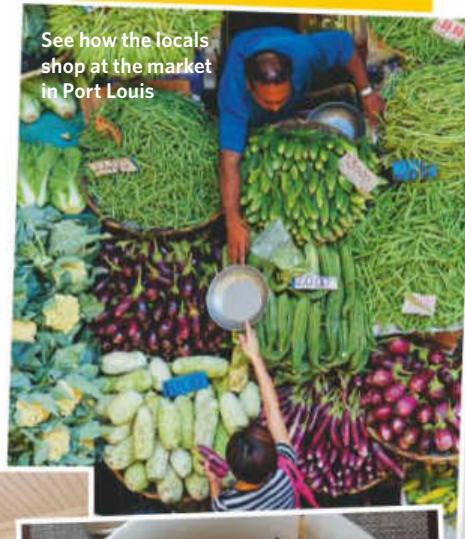
For thrills without the spills, whizz round the beautiful blue lagoon on a Seakart. Exclusive to Mauritius, the mini inflatable-style speed boats are brilliant fun and allegedly unsinkable. Just speak to the resort's concierge or tour operator to book a session.

A Jeep tour is an easy way to see the native deer and parakeets of the nature reserve

BEST KEPT SECRET

The 30-minute taxi ride to Port Louis, the island's capital, is well worth the trip just for its bustling food market and stunning harbour views. Stop and buy a fresh coconut from one of the many carts lining the streets.

See how the locals shop at the market in Port Louis



A room at Le Telfair. Now that's what we call a view!



NEED TO KNOW

- * A deluxe room at Heritage Le Telfair starts from £260 per night (two sharing) B&B. A deluxe room at Heritage Awali starts from £276 per night (two sharing) on an all-inclusive basis (heritageresorts.mu)
- * Air Mauritius (airmauritius.com) and BA (ba.com) offer direct flights from London, and Emirates (emirates.com) offers a service via Dubai
- * Visa: Not required for UK nationals
- * Vaccinations: Ensure your boosters are up to date

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'Most people can be taught to write for publication,' claims Susan Busby, Head of Britain's largest writing college, 'as long as they want to write, are willing to learn and put in the time and effort required. After studying with us many people will see their name in print for the first time.'

The Creative Writing course offered by The Writers Bureau covers all genres – articles, short stories, novels, books, scripts etc. so students get a chance to explore all types of writing to find where their interests and talents lie.

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'The course gives a student confidence in their work and the know-how to increase their chances of publication,' explains Susan. 'Unfortunately, the

untrained writer is more likely to have their work returned to them, not because they can't write, but they haven't followed the rules of the publishing world. And that, in a large part, is what we teach – how to make your work acceptable to those who will pay for it.'

The college also provides a whole support system to novice writers that includes their tutors, their advisors, free resources and chance to converse with other writing students on their website.

The Writers Bureau is so confident in the training and support it provides that they give an amazing money back guarantee – if a student doesn't earn their fees back through published writing by the end of their course the college will refund them in full. Plus, the course comes on 15-day trial so you can see for yourself the quality of the training on offer.

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LIBRA

23 SEPTEMBER - 22 OCTOBER

With Mercury, the communication planet, in your sign all month, words come easily. You will find the right way to charm the pants off anyone who can get you where you need to be. October will be a month filled with glittering moments of genius. You may even get a little carried away on a manic wave of your own brilliance. Living in your mind so much could make having a body something of a shock, so try not to ignore any physical symptoms.

DO high five yourself
DON'T forget about your body



Scorpio

23 OCTOBER - 21 NOVEMBER

You don't have to explain your behaviour to everyone this month. If someone doesn't agree with you, don't let it stop you doing what you think is right.

DO be your awesome self
DON'T be too polite



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OCTOBER horoscopes

Essentials' astrologer Marion Williamson reveals all...



Sagittarius

22 NOVEMBER - 21 DECEMBER

October is the best month for you to make plans for the future. What do you want? How are you going to get there? Get the kettle on and write a list!

DO step away from social media
DON'T go without make-up



Capricorn

22 DECEMBER - 19 JANUARY

If you've been waiting patiently for a breakthrough on the job front, October promises some unexpected options. Grab any opportunities before someone else does.

DO be on your game
DON'T wait to be asked



Aquarius

20 JANUARY - 18 FEBRUARY

You're not entirely sure of yourself at the moment, so are quite happy to stay out of the limelight. Keep your feelings under wraps until you feel a bit more confident.

DO be kind to yourself
DON'T shop without a friend



Pisces

19 FEBRUARY - 20 MARCH

This is a wonderful month for doing the groundwork to get something big up and running. Best to keep your ideas to yourself – and then have a grand reveal later.

DO build it – believe it'll happen!
DON'T follow someone else's rules



Aries

21 MARCH - 19 APRIL

It's the little things that trip you up. Your grand idea is great, but did you spell your name right? Check addresses and spellings or nobody will see how brilliant you are!

DO check your junk email folder
DON'T think nobody will notice



Taurus

20 APRIL - 20 MAY

The Full Moon in your sign brings emotional matters to a head. You might not feel ready to tackle an issue with someone close to you – but it's now or never!

DO get it over with
DON'T give up chocolate



Gemini

21 MAY - 20 JUNE

With the planet of responsibility, Saturn, in your opposite sign, cosmic attention can focus on your love life, so if you're looking for romance, it will find you in October.

DO trust the Universe to sort this out
DON'T deny your real feelings



Cancer

21 JUNE - 22 JULY

Romantic relationships might well bring some uncomfortable lessons in October. However, when the dust settles, you'll realise you had a lucky escape.

DO put it swiftly behind you
DON'T overthink things



Leo

23 JULY - 22 AUGUST

You have everything you need to be happy, so why do you keep looking round the next corner? Try to appreciate it and tackle your fear of missing out.

DO smell the roses
DON'T shop without a list



Virgo

23 AUGUST - 22 SEPTEMBER

Venus, the planet of romance and fun, visits your sign from the 8th, bringing much-needed love and laughter. You'll sail through gates that were previously locked.

DO make laughing your default position
DON'T cling to your grudges

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LISA'S LAST WORD...

TV cook Lisa Faulkner tells us what she's loving... and loathing this month

Holidays are my obsession and I'm already counting down the days to the October half term. I love going on little breaks and creating new family memories: some of my favourite are of trips to West Wittering Beach in Chichester.

I remember it didn't matter if it was hot or cold, we would still go every year. We'd either have a BBQ on the sand or, if the heavens opened, we'd sit in the car and have a picnic of hard-boiled eggs and Gran's sausage rolls. Afterwards, we would be allowed to run to the beach hut to make a cup of tea to warm up. I even learnt to swim there. It's an incredible place and always reminds me of my family.

Another thing I'm looking forward to is Halloween. We go



all out for it in our house and host a big party. Billie and I will spend hours making gory treats – we have Witches' Brains, which is mashed potato and peas, and Witches' Fingers, which are sausages topped with almonds (as the fingernails) with red jelly on top to look like blood. We

What I'm making...

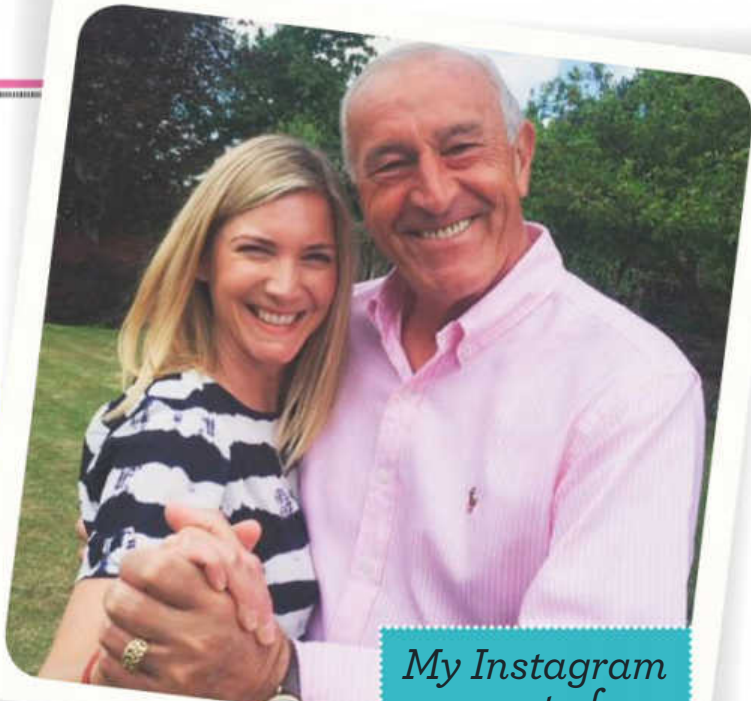
I'll be making these little lovelies at the Cake & Bake Show in London (2-4 October). They're the perfect treat with a pot of Earl Grey. If you're having a go, try making my grandma Betty's homemade lemon curd for the filling – it's the best!

 Find the recipe for Lisa's delicious lemon meringue sandwich cookies and Betty's lemon curd at goodtoknow.co.uk/lisafaulkner

also like to add black grapes to the blood so it looks like there are bugs in it (gross). It's Billie's job to think up these exciting things and my job to create them. No pressure there then!

I'll be cooking up some goodies at a few festivals coming up soon, too. First, there's the Henley Literary Festival on 1 October, then I'm at the Cake & Bake shows in London, Edinburgh and Manchester, and I'll be stopping off at Cheltenham Literature Festival on the way, too. Come by and say hello!

Lisa



My Instagram moment of the month

Keeeeeep dancing! I was thrilled I got to film with the lovely Len Goodman recently for a special little project... no, not *Strictly*! Follow Lisa on Instagram at [@lisafaulknercooks](https://www.instagram.com/lisafaulknercooks)



MY MUST-HAVES

- * The Jackson London Jute bag, £55. 'I just love these bags and they're so versatile – I use mine for everything.'
- * Fabletics sportswear, from £20. 'I've got the Hamilton Sweatpant II and the Whitney Tee. Each piece is super-comfy for yoga and fits me perfectly.'
- * Lou Rota tea set, from £18 a piece. 'This gorgeous china makes every cup of tea feel like a real occasion.'

Enough already!

Why is it so hard to get a doctor's appointment? Billie is back at school and that tends to bring with it a bout of flu or a sickness bug, but when she's too ill to go in, it's becoming more and more difficult to get an appointment on the same day. It's a mother's worst nightmare when their child is ill and this just makes it ten times harder!



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